SIXTY-THREE

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JAMES RAMHOLZ

SHAOLIN & TAOIST

HERBAL TRAINING FORMULAS

for Ch'i Kung, Meditation, the Internal Martial Arts & Longevity

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SILK ROAD BOOKS • CHICAGO • 1992

Shaolin & Taoist Herbal Training Formulas

for Ch'i Kung, the Internal Martial Arts, Meditation & Longevity

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ISBN 1-880412-00-4

Acknowledgement
The author would like to thank the editors of *Oriental Medicine* where the introductory essay of this book first appeared.

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Preface

I would like to express my deep appreciation to all those persons whose advice and recommendations have been invaluable to the production of this book. But most of all, I would like to thank Sung Baek and David Mishlove, my teachers and friends. Without their help and encouragement none of this would have been possible.

This present volume collects herbal training formulas from a variety of sources, including traditional Shaolin and Taoist texts on meditation and the martial arts. This book focuses on tonification formulas because they are of particular interest to me.

I have translated what I found to be the most interesting formulas, enlarging upon or commenting on their original indications where appropriate. Certain formulas will already be familiar to acupuncturists and herbalists because they have been included in the standard medical collections used for hundreds of years; others are available here in English for the first time. I have also translated a selection of the Shaolin longevity formulas from the *Shaolin Si Mi Fang Ji Jin* which were not included in the English translation by Zhang Ting-liang and Bob Flaws.

On Physiological Alchemy

> When our mind is in moderation, the *jing ch'i*—which is the source of life and its vitality—circulates harmoniously throughout the entire body. If the body is properly nourished by this circulation which protects all parts of the body, how can it become ill?
>
> *Nei Ching*

In life, the energy of the body is produced through the processes of digestion and respiration. What is not required for daily usage is stored in the *Tantien* and the adrenal glands. The *Tantien* is an energetic organ or center located inside the abdomen a hand's span below the navel. Called *Hara* in Japanese, it is associated with the kidney organ energy and the general level of vitality in the body. During times of rigorous training, illness or stress, this reserve helps supplement and supports the increased demands placed upon the body. As the energy of the *Tantien* becomes more stable and substantial, health becomes stronger and more vibrant.

The Chinese contend that when the energy is full, yin and yang are in harmony, and the acupuncture meridians flow without obstruction, "There is no room for death." But this ideal level of well-being necessitates something beyond what ordinary diet and lifestyle can offer. Only a significantly strong vitality will prevent health problems. Toward this end, many people employ exercise, martial arts, meditation, yoga, *ch'i kung*, Tai Chi Chuan, etc., to enhance their health, enrich their lives, and to help foster their spiritual development.

When normal daily requirements and stresses are satisfied, the reserved vitality of the *Tantien* may be utilized in specialized methods of

training. In traditional Chinese terms, the Three Treasures (*San Bao*)—*ch'i*, *jing* and *shen*—are cultivated, refined and then recombined to generate stronger and more substantial energies.

Reference to the term Three Treasures is recorded by Chinese authors as early as the Later Han dynasty (about 27 A.D. to 97 A.D). Throughout Chinese culture and history, these three energies have been alluded to by various names. In Taoist religion, the Three Treasures are called the *San Hun* or Three Spiritual Energies. In the alchemical arts, they are often referred to as the "Three Herbs" or "Three Medicines." The use of these terms is especially important to our topic as they directly relate meditation to physiological processes from the viewpoint of traditional Chinese medicine.

Physiologically, the Three Treasures are (respectively) the most refined vital, glandular and psycho-spiritual energies ordinarily produced by the body. In the broadest sense, they refer to the vital energy, physical body and mind. As essential agents for every aspect of health and life, all phenomena of the body reflect and are dependent upon them.

Shen has a broad range of meanings. In many ways it is very much like the word "spirit" in the English language. In Chinese philosophy, it also includes the ineffable part of our nature. In Taoist cosmology, the source of *shen* is *wu chi*, the universal undifferentiated state beyond the laws of duality which govern our physical existence. *Shen* is said to reside in the brain; it is connected to our energy circulation at this point, but is not a part of it. *Shen* not only refers to the mind and emotions but also influences them from a higher level. It forms a commanding relationship with the collective manifestation of mind, thinking and awareness. Sometimes used synonymously with consciousness, it is often depicted as the light or spirit which shines from a person's eyes.

Often translated as air, breath, influence or energy, *ch'i* has a very wide range of meaning and usage. It is commonly used as a synonym for energy, where the *ch'i* of something is its efficacy, force, or ability to do work. In oriental philosophy, everything is composed of some order of *ch'i*; it has both substance and quality. It is often felt in martial arts, acupuncture therapy and meditation. In oriental medicine, the term refers to the energy which flows throughout the network of acupuncture meridians as well as to the ambient field of energy radiating from the body. In meditation and the internal martial arts, *ch'i* is that rarified energy circulating through the *Tantien* and the various pathways throughout the body.

When we breath, we take in and circulate the *ch'i* from the universe. When *ch'i* is stored in the *Tantien*, it is naturally crystalized into *jing*. Often

translated as "essence," *jing* is the pure, intrinsic and unstructured physical vitality. It is the most yang material substance comprising our body and is naturally reconverted by the body into *ch'i* upon demand. It is usually associated with the glandular system in general and with sexual hormones in particular. It is considered by various authors to be the sperm itself as well as the active force inherent in the sperm. When the term is used in Chinese medicine as an adjective for another material—for example, *jing ch'i* or *jing shen*—it refers to the most active physical functions of those matters.

When referring to sexual energy during meditation, *jing* stored in the *Tantien* can have either an external or internal expression. When *jing* is transformed into its more material or physical form by excessive stimulation or by sexual excitement, it is said to be externalized; so it is usually either released during orgasm or converted into sperm production. When *jing* is transformed into *ch'i* and circulated through the body, it is said to be internalized. Periods of sexual abstinence are sometimes recommended in various systems of training because *jing* can intentionally be transformed into *ch'i* through meditation, and used to sustain *shen*.

In physiological alchemy, the body is the reaction vessel where the "Three Herbs" are blended and fixed into an Elixir, a substance whose property is said to be able to spiritually transform an individual. All elements—physical, energetic, psychological and spiritual—are synergistically involved in the development and maintenance of all the others.

> Whoever wishes to nourish the *shen* must first nourish the *ch'i*, but in order to nourish the *ch'i* one must first nourish the brain and in order to nourish the brain one must first nourish the seminal essence *(jing)* and in order to nourish the *jing* one must first nourish the blood and in order to nourish the blood one must first nourish the saliva and in order to nourish the saliva one must first nourish the element Water.
>
> Hsiu Chen Pi Chueh
> *Esoteric Instructions for the Regeneration of the Primary Vitalities*

This creates a kind of alchemical Jacob's Ladder, a line of development utilizing these three energies as "steps." Each stage of development is dependent upon the cultivation, purification and conversion of a fully

matured energy. This process of distillation and subsequent recombination is the basis of the *Nei Chia* or internal alchemical arts.

Keeping the *jing* full and complete protects the body and promotes longevity. When the mind is clear and calm, the *ch'i* becomes full and balanced. To fully develop *shen*, the mind and body must both be cultivated and harmonized; only then can one be said to 'return to the source' or attain Tao. Because these three energies are characterized as "Three Herbs", their cultivation and development is called the completion of the Inner Elixir *(nei tan)*. According to *Liu I-ming*, an important commentator on the *I Ching* from the Taoist School of Complete Reality, all of spiritual alchemy involves only two tasks: to empty the mind and fill the belly.

Jing is motivated by *ch'i* and, in turn, reciprocally sustains it. The role of *shen* is to train, guide and control the *ch'i*. In turn, an imbalance of *ch'i*, either in the organs or meridians, can injure the *shen*. An uncultivated or capricious mind will misappropriate these energies to the service of some base emotion or aspect of personality. Negative emotions, a deleterious lifestyle, stress and illness, can interfere with any of their proper development and correct functioning. Together, the purified *ch'i*, *jing*, and *shen* comprise the three positive or yang souls. The seven emotions—joy, anger, grief, fear, love, hatred and desire—comprise the seven negative or yin souls.

While modern medicine only hints at this connection between gross matter and higher states in its psycho-pharmacology, the two thousand year old Chinese medical classic, the *Huangti Nei Ching*, describes five levels of man along this line of thinking. The degree to which one embodies the doctrines of yin and yang establishes his or her level on this alchemical Jacob's Ladder.

- Normal Man *(Buhn Ren)*
- Sage *(Hyun Ren)*
- Saint *(Sung Ren)*
- Perfected Man *(Jih Ren)*
- True Man *(Chen Ren)*

The Sage calculates the energy cycles in order to understand and harmonize with his environment. He studies the *I Ching* and other classics

to calculate the movements of the seasons and how to adapt his lifestyle, both physically and mentally.

The Saint is much further advanced in his understanding. He is emotionally balanced, exhibits moderation in movement and can be a leader in society. Distinguishing the essential factors of disease, emotions and human affairs, he is able to control desire and not express anger.

The Perfected Man is fully trained in the laws of Tao. He consciously harmonizes with the universe, can travel in space and time and usually stays alone in the mountains to work on himself. He is able to assimilate the universal energy to sustain and nurture his body so that he can live hundreds of years.

The True Man is someone in whom reality and consciousness have merged. Not only is he able to completely decipher the Tao, but also to fully embody it as a permanently enlightened being. Because his movements are totally in accord with the laws of yin and yang, he can take in and transmute the *jing ch'i* of the universe. Able to perfectly manifest a universal nature, he is unfettered by time and space. Purified through the reconciliation of opposites, his spirit and his body are transformed to be incorruptible by death. He lives on the earth with a youthful, if etherealized, body as a true son of Heaven.

Internal and External Elixirs

As a system of thought, Taoism emerges already fully mature in the *Tao Te Ching*, its first and most profound text. After this text, everything written concerning Taoism has been elucidation, extrapolation or paraphrase. This immediate literary maturity suggests a long oral history and traditional practice. In fact, some authorities suggest that these types of texts were written down only as a last resort to stop the misinterpretation of the philosophy when the original source had been lost.

Taoist religion appears during the same period as the *Tao Te Ching*. It was a strong proponent of both external and internal alchemy. Elaborating upon the philosophy, Taoist religion included among its most prominent features a pursuit of physical immortality through breathing exercises, ritual, revealed scripture and monasticism. Its liturgy and theology share many common elements with Buddhism. In the collected Taoist scriptures, the *Tao Tsang*, are hundreds of separate works totaling more than 200,000 pages—most of which deal with meditation and longevity.

From antiquity, Chinese cosmology has recognized that all phenomena have arisen from Tao and manifest both yin and yang

attributes. The human body, like the world around it, is composed according to those same creative laws. It is a microcosm of the universe, expressing the same principles, movements of energy, and relationships. Traditional Oriental medicine is a natural as well as historical development of physiological alchemy. It is, I believe, the best foundation for our contemporary understanding of alchemy. Although individual systems of training employ different approaches, each, by necessity, must follow the guidelines of physiological alchemy.

From the broadest perspective, the guideline for alchemy is expressed in the Chinese dictum, *fu shih pi lien*: "Absorb for nourishment, enclose and recast." This is analogous to the European alchemical dictum of "resolve et congelae." Both maxims find their natural expression in the processes of growth and maintenance in the body. From this foundation, many corollary principles have evolved. The most consequential of these traditional rules remain:

1. Calm the heart and mind;
   do not outwardly express extremes of emotion.
2. Eradicate the four classic obstacles to health:
   liquor, sexual desire, riches and bad temper.
3. Observe proper dietary rules.
4. Take herbal medicines and elixirs.
5. Practice meditation.

These rules are intended to stop the loss of vitality, balance emotional stress and strengthen the *ch'i* and blood. Emotional states and diet have the broadest or most long-term influence over vital energy. The increased energy required by any type of training depends directly upon the vital energy manifested in the *ch'i* and blood. If either is insufficient, imbalanced, or impaired, training can be impeded or ineffectual. While herbal formulas can influence and add to this foundation, they cannot be expected to make up for what is missing in diet or emotional life.

An elixir is a substance believed to contain the essential nature of Tao and that by ingesting it one may achieve longevity or even become an Immortal. External Elixirs *(wei tan)* primarily work by strongly tonifying the vital energy and resolving any problems caused by deficiency of the *ch'i*, *jing* or blood. The term *wei tan* was already used in Chinese literature by 565 A.D. External Elixirs were fabled to be so powerful that immortality would be confered from a single ingestion. Many herbs and

materials found in the Chinese pharmacopeia enjoyed a reputation as a panacea: Cinnabar, Gold, Jade, Pearl, Schizandre, Cinnamon, Astragalus, Mica, as well as very old roots of Polygonum Multiform and Ginseng.

Most famous among them was *Ling Chih*, the mushroom of immortality. This mushroom is often seen in icons of the Chinese God of Longevity. One emperor even sent an entourage to find the Isle of the Blest where the mushroom was reputed to grow in abundance. Whether they found it, we have no record—they did not return. Later, complex combinations of herbs and elaborately prepared formulas were also called Elixirs.

The highest purpose of the *wei tan* or External Elixir was to help develop the *nei tan* or Inner Elixir—variously called the Gold Pill, Red Pearl, Pearl of Immortality, Spiritual Embryo and a host of other names. These terms are the names given to a greatly developed higher nature. As a general rule, longevity is considered a prerequisite for the development of the Inner Elixir because the work is so consuming and arduous.

In European history, the search for alchemical gold and the Philosopher's Stone filled a similar rôle as the *nei tan*. Although discrimination between *nei tan* and *wei tan* is often obscured in alchemical literature and Chinese myth, they can be distinguished from each other by their original source—internal and external—which is evident in their names and natures.

Enlightenment is considered to be the perfection of the Inner Elixir *(nei tan)*. Hui Ssu (517 A.D. to 577 A.D.), the great Chan Master of Southern Sacred Mountain, clarifies the roles of Internal and External Elixirs:

> Thus by the aid of external elixirs, I shall be able to cultivate the elixir within. For in order to bring peace to others, I must first bring peace to myself. In order to undo the bonds of others, one must first undo one's own.

The Role of Herbal Formulas in Training

Besides treating illness, herbal formulas, because of their supplemental and invigorating effects can be another and perhaps one of the better ways to relieve stress, build stronger vitality and promote longevity. Herbal formulas can accelerate and help complete training processes, as well as correct problems encountered during hard training. While acupuncture

balances the energy already present in the body by reapportioning its uneven distribution or correcting its impaired flow, herbs can *add* new energy to an already healthy body for increased functioning, strength and vitality. This is particularly important when the body has lost vital energy through stress, physical strain, poor diet, injury, loss of blood, excessive sweating, extremes of emotions or overindulgence in sex.

Herbs can directly aid with cultivating the vital energy, and indirectly help the mind with training the *ch'i*. They can improve metabolism, balance organs and acupuncture meridians, as well as prevent the loss of *jing* and *ch'i*. Herbs can help relax tense muscles, soothe nerves, calm extreme mental states, as well as speed up the healing of physical injuries. Herbal formulas can directly open acupuncture meridians and help circulate energy throughout the body.

The most important reason for using herbal formulas is to help compensate for problems arising during training. Any unusual physical condition or energetic imbalance may hinder or slow development. Simply taking an herbal formula without any real consideration of how it works in one's own body will only aggravate problems or further complicate any physical, emotional or energetic blockage or disorder. It should always be remembered that even vital energy may become perverse when out of balance.

It should be remembered from the beginning, though, that the use of herbal formulas is not a substitute nor short-cut for actual work. Real development can come only from balanced growth. Despite stories with respect to some legendary result of ingesting an herb or formula, it should never be thought that, in themselves, herbs constitute a method of development.

How Herbal Formulas Work

From a physiological point of view, three organ systems are of central importance in the regulation, production and storage of energy during training: (1) the brain and nervous system; (2) spleen and stomach; and (3) kidneys and hormonal glands. The tonification formulas chosen for this book concentrate on these three areas. Among the most common problems faced during training — but not limited to them — are the following:

- Insufficient vitality, blood or hormone levels

- Insufficient kidney yang or Life Gate *(Mingmen)* energy
- Ascending *ch'i* problems due to energetic imbalance
- Pressure or unusual sensations in the head
- Poor digestion or sluggish metabolism
- Stiffness, limited range of motion or aching of the limbs
- Nervousness, anxiousness or lack of concentration
- Anger, depression or extremes of emotions

In order to understand how an herbal formula works, we must first choose the individual herbs which will be important to the type of energies we want to develop; discover how they work in combination; and see how those combinations are designed to work with the body. It cannot be overemphasized enough that simply using an herbal formula as a type of "stimulant" will not bring any real progress in training. Only by correctly combining fire and water (yang and yin) will one truly progress. The foundation and goal of development is balance and harmony.

While it is an oversimplification to divide systems into internal and external, we can use this division to illuminate how these formulas are intended to be used. For our purposes here, internal systems are principally concerned with meditation or the unification of *ch'i* and *shen* (mind); while external systems are chiefly concerned with the expression of *ch'i* in the physical body.

More consequential for Shaolin practitioners are herbal formulas for hard physical training and injuries from fighting. They reflect the formidable and sometimes severe physical nature of their training. They include not only tonification herbs to replace lost vitality, but also herbs which are used to promote the circulation of *ch'i*, stop pain, resolve swelling, dispel blood stagnation and increase the range of motion of the limbs. Some of these internal formulas are so sophisticated and specialized that they are intended only for recovery from injuries to a single acupuncture point by *dim muk*, or "point-dotting" skills. Taoist formulas are usually more concerned with a deficiency of vital energy and its circulation.

Other Books in English About Herbal Training Formulas

Chinese literature concerning the martial arts and meditation goes back many hundreds of years. Uncounted books have been circulated, both privately and publicly, cataloging the herbal formulas used in every

type of training. They reveal a wealth of herbal formulas and broad range of applications used by both Buddhist and Taoist monks alike. Many martial artists and meditation masters were often, by necessity, skilled herbalists and acupuncturists.

Although Chinese medicine includes many formulas which were originally developed by martial artists and meditators, very little concerning training formulas is available in the English language. Originally, many meditation and martial art masters developed formulas, but kept them secret, permitting their use only in their own training system. The difficulty of translation as well as the complexity of Chinese medical theory has compounded the problem of understanding what little is available in English. I am aware of only a few important titles in English at the time of this writing. The following three are the most important.

Yang Jwing-Ming has translated the *Yi Gin Ching* (Sinew Changing Classic) and *Shii Soei Ching* (Marrow Washing Classic) together under the title *Muscle/Tendon Changing and Marrow/Brain Washing Ch'i Kung: The Secret of Youth* (YMAA, 1989). It records both internal herbal formulas and external liniments used in classical training regimens. *The Tao of Sex* by Howard S. Levy and Akira Ishihara (Integral Publishing, revised third edition, 1989), while not a book on herbology per se, lists a number of herbal formulas for the enhancement of sexual energy which are used by Taoists in their Double Cultivation practices.

Zhang Ting-liang and Bob Flaws have undertaken the most extensive and ambitious effort to date by translating and publishing selections from the *Shaolin Si Mi Fang Ji Jin* under the title *Secret Shaolin Formulae for the Treatment of External Injury* (Blue Poppy Press, 1987). Their collection includes the widest range of liniments and internal formulas available in English. It is an important and invaluable aid to any serious practitioner of the martial arts.

PREPARING HERBAL FORMULAS

Teas & Decoctions *(Tang)*

A cup of tea can easily be made from powdered herbs, honey pills or from pastes by simply adding hot water and steeping according to an individual's taste.

Medicinal strength decoctions are prepared by placing a packet of raw herbs (determined by a prescription) in a glass or ceramic pot with three cups of water. The mixture is boiled until one cup of remains; then the residue is squeezed to extract all the liquid. A prescription pack may be reused up to three times in one day; but should be stored in the refrigerator between boiling.

The typical regimen for using teas and decoctions is one cup three times a day. Tonic formulas may be used for thirty days or longer. Formulas containing sedation herbs should never be used more than three days, unless under the supervision of a health-care professional. Sedation herbs do not simply add vital energy to the body; instead they work by attacking perverse energies or blockages (e.g. wind, cold, heat, stagnation, dampness, hematoma, etc.). If no such problem exists, they will sedate the vital energy; hence the danger.

The chief advantage of taking formulas this way is that it is a quick and thorough method for extracting the potential of the formula. The main disadvantage is the time it can take for preparing and boiling the mixture. Even a small pack can be time-consuming to prepare. The quantity of herbs in a pack may be very large, necessitating a large container, more water and longer boiling time. Also, the cost for boiling a new pack each day can be prohibitive when expensive or high quality herbs are used.

Capsules *(San)*

The simplest type of pill is made by filling gelatin capsules with the powdered formula. Many herb suppliers will grind the formula into a powder for you. Gelatin capsules are readily available from health food stores. Formulas prepared this way are easy to carry and take.

The formula should be ground into a fine powder so that every capsule will hold the correct proportion of each herb. Size "OO" capsules will hold about 1000 mg.

The typical dosage is two capsules three times daily, or two before and after training. The number of capsules may vary according to the formula and the individual's needs.

Paste *(Gao)*

After grinding the formula into a fine powder, place it in a glass or ceramic bowl. Then mix in enough honey to make a thick paste, about the consistency of cake batter. This mixture should be kept in the refrigerator. One teaspoon is a typical dose for tonification formulas prepared in this way.

Pills *(Wan)*

First prepare the formula as a paste. Then roll this mixture into small portions, between the size of a small bean or a date depending upon the dosage called for in the formula.

Lay the pills on a cookie sheet and place in the oven at the lowest heat setting. Remove and let cool when the honey has glazed over. Store in an air-tight container.

Liqueurs *(Jiu)*

Using drinking alcohol as a base for formulas has always been very popular in the orient. An aged herbal liqueur extracts the essence and energy of the herbs and quickly passes it into the blood stream. One ounce, warmed like sake, is a standard dose.

A liter of liqueur can be a very economical way of preparing and taking more expensive herbs, like high quality Deer Horn and older Ginseng

roots. Typically, one to four ounces of herbs are added to one liter of vodka. In the Orient, strong rice wine is used. The herbs do not need to be powdered, but should be broken or cut into smaller pieces to expose more surface area.

Aging is the most important part of preparing liqueurs. As the formula ages, the flavors of the herbs blend and the energy becomes stronger. After aging one month, the liqueur is still immature, but old enough to begin testing. As the aging process continues, there are several intervals—at the three months, six months and one year—where the strength and the taste of the liqueur seem dramatically improved.

Aging three months should be the minimum length of time for use in serious training. The formula is much stronger then and the flavor of the herbs is more balanced and beginning to mature. Aging one year or more is ideal; the energy and taste of the formula is dramatically improved and fully matured. Like liniments, liqueurs will continue to improve with further aging.

After deciding on a favorite formula, it is a good idea to prepare several batches: one for immediate use and another intended for extended aging. To make stronger formulas, a larger amount of herbs may be used with just enough vodka needed to cover them.

If expense is a consideration, more vodka may be added again after half the original batch is used. This mixture will be diluted, but can be aged to bring out more of the formula's properties.

Important Tonification Herbs

Functions, Indications, & Important Combinations

Niuxi Achyranthes bidentata

Energy	Balance and nontoxic
Taste	Bitter and sour
Meridian Induction	Liver and kidney
Functions & Indications	* Fresh: circulates blood, transforms stagnation, clears bruising * Wine Roasted: strengthens liver and kidney, fortifies sinew and bone
Typical Dosage	4 grams to 12 grams; daily maximum of 20 grams

Important Combinations

1. with Cervus nippon:
Muscle and bone deficiency resulting in weak vertebrae and weakness of legs or stance; face swollen with dark color.

2. with Eucommia ulmoides:
Muscle and bone weakness in the lumbar region; sciatic nerve pain.

3. with Rehmannia glutinosa:
Yin and blood deficiency.

Danggwi Angelica sinensis

Energy	Warm, nontoxic
Taste	Hot, sweet, slightly bitter
Meridian Induction	Spleen, heart, liver
Functions & Indications	* Tonifies spleen and stomach, bones and muscles * Relieves nervous tension * Promotes muscle endurance and can be used for treatment of paralysis * Can be used for all internal and external bleeding, external trauma on skin, internal scars and pain relief
Typical Dosage	8 to 20 grams; daily maximum of 20 grams

Important Combinations

1. with Panax ginseng:
Complete yin and yang tonification.

2. with Cervus nippon:
Tonify the *jing*, blood and fluids for problems associated with kidney deficiency, such as aches and pains in the lumbar and thighs; upper warmer dryness with lower warmer cold; turbid urine; dark facial color under the eyes; deafness; loss of consciousness.

3. with Ligusticum chuanxiong, Rehmannia glutinosa and Paeonia lactiflora:
Renmo (Conception Vessel) empty and not communicating; deficiency cold; menstrual pain.

4. with Chrysanthemum, Rehmannia glutinosa and Lycium chinense:
Dizziness and red, swollen and painful eyes due to kidney and yin deficiency or uprising of liver yang.

5. with Polygala tenuifolia:
Circulate and harmonize the *ch'i* and blood; circulate the blood; regulate water during menstruation.

Huanggih Astragalus membraneceus

Energy	Slightly warm, nontoxic
Taste	Sweet
Meridian Induction	Lungs, spleen, kidney, large intestine, triple warmer
Functions & Indications	* Tonifies the *Wei Chi* * Helps control excessive fire in the heart * Controls skin pores function * Supports the spleen, stomach and the lungs * Strengthens bones and muscles * Regulates sugar in the blood * Promotes kidney energy * Helps dry pus * Used for pain relief.
Typical Dosage	Fresh: 4 to 12 grams. Roasted with honey: 8 to 16 grams. Daily maximum of 40 grams.
Contra-indications	* Flu * Tumor in the gastrointestinal tract * Yin deficiency with fire rising or False Fire * Pneumonia * Excessive anger * Upper body hot and the lower body cold * Skin infections * Stomach pain * Very yang people * Chinemys reevesii and Opium.

Important Combinations

1. with Panax ginseng and Glycyrrhiza uralensis:
Strong tonification of the *Tantien*.

2. with Angelica sinensis:
Tonification of the blood—especially after fighting or a transfusion.

3. with Cinnamon cassia:
Excessive sweating due to yang energy deficiency during the performance of forms and general practise.

4. with Paeonia lactiflora, Glycyrrhiza uralensis and Cinnamon cassia:
Similar to #3 but for stronger, continuous sweating.

5. with Angelica sinensis and Glycyrrhiza uralensis:
Women's training problems; lower abdominal pain.

6. with processed Aconite carmichaeli:
Yang deficiency weakness resulting in stiff limbs and continuous sweating; makes the Triple Warmer's energy flow.

Nockyong Cervus nippon

Energy	Warm, nontoxic
Taste	Sweet, slightly salty
Meridian Induction	Kidney, liver, heart, pericardium
Functions & Indications	* Yang energy to the kidney and fire energy to the body through the pericardium * Strongly tonifies the *Mingmen* and *Tantien* * Supports hormone secretion and tonifies the blood.
Typical Dosage	4 to 12 grams; daily maximum of 80 grams
Contra-indications	* Children under 18 * Fever * Common cold * Already very healthy persons * Ascending energy problems due to martial arts or meditation training * False Fire.

Additional Notes

Once Deer Horn looses its velvet and turns hard, it retains only 10% of its original strength because it no longer includes the deer's blood and hormones. The hard horn is usually processed into a gel whose function is to supplement the blood and hormones and is very yin in nature.

Important Combinations

1. with Panax ginseng:
Strong vital energy tonification.

2. with Eucommia ulmoides, Psoralea corylifolia, Cinnamon cassia:
Lumbar pain due to kidney deficiency.

3. with Chinemys reevesii:
Tonify kidney fire and water, strengthen the communication between the heart and kidney.

4. with Lycium chinense and Angelica sinensis:
General tonification according to Cervus nippon indications, but milder.

5. with Cuscuta chinensis:
Tonify kidney water and *jing*.

Shanchuyu Cornus officinalis

Energy	Mild, warm, nontoxic
Taste	Sour
Meridian Induction	Liver, kidney, heart
Functions & Indications	* For both yin and yang energies * Yang energy to the kidney, *Tantien*, uterus * Supports *Mingmen* and Triple Warmer * Relieves nervous tension of reproductive nerves * Premature ejaculation, erection problems, spermatoria * Used for kidney deficiency backache and knee joint pains * Warms liver; tonifies blood through the liver
Typical Dosage	4 to 20 grams; daily maximum of 40 grams
Contra-indications	* Common cold * High fever with sweating * False Fire syndrome * Diarrhea * Venereal Disease

Important Combinations

1. with Panax ginseng and Angelica sinensis:
Tonify yin and yang energies.

2. with Schizandre chinensis:
Tonify kidney and lung functions.

Shanyao Dioscorea japonica

Energy	Warm, nontoxic
Taste	Sweet
Meridian Induction	Spleen, stomach, lung, kidney
Functions & Indications	* Invigorates the spleen and stomach * Tonic, restorative, brightens the intellect * Stimulates muscle and tendon flexibility and growth * Helps calm mental state * Supports yin energy of lung and yang energy of kidney * Produces endocrine secretion * Stimulates appetite * Stops diarrhea * Stimulates and cleanses mucus production
Typical Dosage	12 to 16 grams; daily maximum of 40 grams
Contra-indications	* Pork, green onion * High Blood Pressure * Iron * Indigestion * Constipation * Fast pulse * Damp-heat syndromes

Important Combinations

1. with Cervus nippon:
Tonify the *jing* and blood; used for impotence, lumbar and knee weakness, infertility in women.

2. with Lycium chinense:
Tonify digestive functioning.

3. with Rehmannia glutinosa:
Tonify the spleen and kidney; stop spasm of the gastrointestinal tract and stop diarrhea.

4. with Cornus officinalis and Schizandre chinensis:
Tonify and increase flexibility of tendons.

Haima Hippocampus coronatus

Energy	Warm, mild, nontoxic
Taste	Sweet
Meridian Induction	Kidney
Functions & Indications	* Tonifies vitality and sexual energy, brain; it has been used in Taoist formulas for development * Promotes mental endurance and aggressiveness * Used for abdominal and lumbar pain * Skin, muscle and bone infections * Its folkloric name is "Fallen baby of dragon"
Typical Dosage	4 to 20 grams

Important Combinations

Seahorse (4 to 20 grams) may be added to most Panax ginseng, Morinda officinalis and Psoralea corylifolia tonification formulas for stronger effect.

Tikupi Lycium chinense

Energy	Mild, nontoxic
Taste	Sweet, bitter
Meridian Induction	Kidney, liver, lungs
Functions & Indications	* Strengthens both yin and yang energies to support and tonify the vital and sexual energies * Supports eyes, muscles, bones and hormones; aids in the recovery from fatigue * Strengthens internal damage caused by stagnant, blocked, violent, or intermittent energy * Tonifies the *Tantien*; as well as large intestine and small intestine functioning * Increases metabolic function
Typical Dosage	4 to 20 grams; daily maximum of 20 grams
Contra-indications	* Used singularly over an extended period, it may damage the yang energy * Excessive dampness * High fever * Poor digestion * Arthritis * Overweight people

Important Combinations

1. with Rehmannia glutinosa:
Strengthen the *jing*, nourish the kidney yin; sedate False Fire, dizziness, lumbar and knee pain due to deficient kidney energy.

2. with Chrysanthemum morifolium and Ophiopogon japonicus:
Invigorate the kidney, nourish the *jing*, supplement the liver and clear the eyes.

3. with Panax ginseng:
Strong heart and kidney tonification.

Baiji Morinda officinalis

Energy	Warm, nontoxic
Taste	Slightly bitter, sweet, hot
Meridian Induction	Liver and kidney
Functions & Indications	* Makes bones denser, thickens marrow * Yang deficiency * Low endurance * Stimulates sexual vitality * Backaches * Supports brain functioning * Tonifies *Mingmen* (Life Gate) energy and Minister Fire * Helps produce hormone secretion * Brings the Fire element to the Kidney * Stroke *(Zhongfeng)* due to Kidney yang deficiency.
Typical Dosage	4 to 16 grams; daily maximum of 16 grams
Contra-indications	* Lack of Yin energy * Excessive Pericardium energy * Spleen and stomach deficiency * Eye infections * Constipation * High Blood Pressure * Deficient Water energy.

Note
Used singularly, this herb will be only 10% effective. A complete formula will contain at least 20 herbs. The folk-loric name of this herb is "Tantien Storm."

Important Combinations

1. with Lycium chinense and Psoralea corylifolia:
Endurance in *Nei Gung*, sexual or yang energy deficiency; better erection.

2. with Rehmannia glutinosa, Psoralea corylifolia and Angelica sinensis:
Low vital energy or endurance; poor eyesight.

3. with Chrysanthemum, Lycium chinense and Cistanche salsa:
Lower Warmer insufficiency resulting in sinew and bone aching and deficiency cold.

4. with Eucommia ulmoides:
Kidney deficiency resulting in bone and sinew weakness of the lumbar and knee regions.

Paishao Paeonia lactiflora

Energy	Mild, nontoxic
Taste	Slightly bitter, sour
Meridian Induction	Lung, liver, spleen
Functions & Indications	* Supports all five organs—especially the kidney * Supports the yin energy of the spleen and pancreas * Supports blood and hormone production * Strengthens the brain function and sexual vitality * Eliminates dampness in the body and supports the bladder * Resists excessive liver energy function through purification * Contracts vessels and stops bleeding
Typical Dosage	8 to 24 grams; daily maximum of 120 grams
Contra-indications	* Any cold-based diseases (even cold diarrhea) * High Blood Pressure * Stomach spasms * Chinemys reevesii, Green onion, garlic * Persons who are cold and shaking without sweat (if there is sweating, it is not counter-indicated)

Important Combinations

1. with Ligusticum chuanxiong:
Purify the liver.

2. with Panax ginseng:
General vital energy.

3. with Angelica sinensis:
General yin tonification.

4. with Glycyrrhiza uralensis:

Stomachache and to balance the twelve meridians.

5. with Cervus nippon, Rehmannia and Angelica sinensis:
Tonify the kidney, spleen, stomach, brain, *Tantien* and the vitality in general.

Renshen Panax ginseng

Energy	Warm and nontoxic
Taste	Sweet and slightly bitter
Meridian Induction	Spleen and liver
Functions & Indications	* Greatly tonifies the *Yuan ch'i* (Original Energy) of the *Tantien* and supports any deficient organ as well as the blood and hormones in general * It cleans the whole energy circulation and helps eliminate False Fire * It is considered the closest herb in overall balance to man's own energy, so it has always been one of the most popular and important herbs for tonification.
Typical Dosage	4 to 12 grams; daily 20 grams
Contra-indications	* Lung infections, common cold, fever without sweating, pneumonia * Veratum Nigrum * iron and copper utensils * headaches * opium

Important Combinations

1. with Cervus nippon:
Strong tonification of the vital energy.

2. with Rehmannia glutinosa:
Tonification of the lungs and kidney.

3. with Atractylodes macrocephala:
Tonification of the spleen and stomach.

4. with processed Aconite carmichaeli:
True yang deficiency resulting in acute coughing, coldness of limbs, sweating and dizziness.

5. with Panthera tigris:
Strong yang energy tonification; sedates wind and damp.

6. with Schizandre chinensis:
Deficient lung energy, shortness of breath during and after training; physical shock.

7. with Astragalus membraneceus, Paeonia lactiflora and Schizandre chinensis:
Excessive sweating due to vital energy deficiency during training, sleeping or in normal room temperature; spermatoria; and general sexual vitality.

8. with Paeonia lactiflora and Glycyrrhiza uralensis:
Stomach spasms or aching caused by loosing heat; nausea or vomiting from anemia.

Hogol Panthera tigris

Energy	Warm, nontoxic
Taste	Bitter, sweet
Meridian Induction	Liver and kidney
Functions & Indications	* Sedates perverse wind and damp energies * Strengthens sinew and bone * Used for wind and damp joint pain * Strengthens lumbar and knees, stiff and weak limbs
Typical Dosage	4 grams to 20 grams; daily maximum of 20 grams

Important Combinations

1. with Panax ginseng:
Tonify the yang energy, sedate dampness.

2. with Angelica sinensis and Achyranthes bidentata:
Fortify the sinew and bone, nourish and circulate the blood.

3. with Rehmannia glutinosa and Paeonia lactiflora:
Fortify the sinew and bone, mobilize stiff joints

Hoshuwu Polygonum multiflorum

Energy	Slightly warm, nontoxic
Taste	Sweet, bitter, astringent
Meridian Induction	Liver, heart, kidney
Functions & Indications	* Invigorates the liver and kidney, nourishes the *jing* and blood and marrow; strengthen sinew and bone. * Returns hair to original color.
Typical Dosage	4 grams to 25 grams; daily maximum of 25 grams
Contra-indications	Deficient spleen, excessive phlegm, diabetes.

Important Combinations

1. with Rubus chingii, Ligustrum chuanxiong and Eucommia ulmoides:
nourish the *jing* and blood, strengthen kidneys to prevent insomnia, tinnitus, palpitations, redness of the eyes, lumbar and knee pains, spermatoria and return hair to original color.

2. with Cuscuta chinensis, Lycium chinense and Achyranthes bidentata:
liver and kidney deficiency, strengthen sinews and bone; numbness and stiffness in the limbs due to deficiency.

3. with Panax ginseng and Angelica sinensis:
Tonify yin and yang, *ch'i* and blood.

4. with Chinemys reevesii, Dragon Bone and Paeonia lactiflora:
Insufficient heart blood resulting in palpitations, insomnia; calms nerves.

5. with Lycium chinense and Cornus officinalis:
Calms nerves; yang-type impotence.

Buguzhi Psoralea corylifolia

Energy	Very warm, nontoxic
Taste	Hot, slightly bitter
Meridian Induction	Spleen, kidney, pericardium
Functions & Indications	* Kidney tonifier * Tonic to the genitals * Adds fire energy to the body through the pericardium * Tonifies the *Tantien* and *Mingmen* * Used to develop *shen* or spiritual energy
Typical Dosage	8 to 12 grams
Contra-indications	* Yin deficiency with Fire rising or False Fire syndrome * Glycyrrhiza uralensis * Fever * Constipation * Eye infection * Bleeding from the anus or urinary tract * Low bone strength.

Important Combinations

1. with walnuts:
For fast *Tantien* energy.

2. with Foeniculum vulgare:
Kidney deficiency cold causing frequent urination.

3. with Cuscuta chinensis, Cornus officinalis and Walnuts:
Kidney yang deficiency, impotence, coldness in the lumbar and knee areas.

4. with Lycium chinense, Rehmannia glutinosa, Schizandre chinensis and Panax ginseng:
Tonify yin and yang energies; sedate perverse heat due to yin deficiency.

Shutihuang Rehmannia glutinosa

Energy	Cold, nontoxic
Taste	Sweet
Meridian Induction	Kidney, liver, heart, small intestine
Functions & Indications	* Tonifies the blood's functioning through purification * Tonifies both the small and large intestines * Supports and tonifies kidney water * Aids endocrine secretion * Increases metabolism to speed up blood replacement * Supports blood vessels
Typical Dosage	4 to 80 grams; daily maximum of 80 grams
Contra-indications	* Spleen deficiency * Radish * Poor digestion * Iron or copper * Stop use if diarrhea occurs during use

Important Combinations

1. with Asparagus cochinchinensis:
Insufficiency of heart blood, resulting in palpitations.

2. with Ophiopogon japonicus:
Insufficiency of kidney yin, resulting in heat in the upper warmer; continuous nose bleed.

3. with Epimedium koreanum:
Kidney yang deficiency resulting in impotence, infertility in women, sinew and bone aches and pains.

4. with Ophiopogon japonicus and Cuscuta chinensis:
Heart, kidney, *jing* and blood insufficiency resulting in palpitations.

5. with Cuscuta chinensis:
Hormones, kidney and liver insufficiency.

Wuweitzu Schizandre chinense

Energy	Mild, warm, nontoxic
Taste	Sour, sweet, slightly salty, astringent
Meridian Induction	Liver, lung, kidney
Functions & Indications	* Tonifies yin and yang energies, as well as stops energy leaks * Purifies the kidney and supports the *Mingmen* or kidney yang * Tonifies the *Tantien* in men the uterus in women * Speeds hormone production * Closes pores when perverse energy tries to penetrate
Typical Dosage	4 to 20 grams; daily maximum of 80 grams
Contra-indications	* Fever without sweating * False Fire * Bad digestion * Coughing due to common cold * Excessive perverse energy in the liver meridian * Asthma

Important Combinations

1. with Rehmannia glutinosa and Lycium chinense:
Hormone deficiency; metabolic speed problems.

2. with Cuscuta chinensis:
Jing and kidney yin deficiency resulting in dry throat, tinnitus, dizziness, lumbar and back pain, aching of thighs and knees.

3. with Cistanche salsa:
Tonify kidney yang energy and hormones.

Chiang Zingiber officinale

Energy	Warm, nontoxic
Taste	Hot
Meridian Induction	Heart, spleen, stomach, lung, large intestine, kidney
Functions & Indications	* Sedates cold energy by tonifying hot energy indirectly * Used in the treatment of vomiting, nausea, spasms, stomachache, backache
Typical Dosage	8 to 12 grams; daily maximum of 80 grams
Contra-indications	* High fever or body temperature * Asthma, pneumonia, bleeding from the nose or anus, pain with fever * Pregnancy

Important Combinations

1. with Schizandre chinensis:
Lung energy tonification.

2. with Panax ginseng:
Stomach energy tonification.

3. with Psoralea corylifolia and Schizandre chinensis:
Tonify kidney and spleen and sedate perverse cold energy in those organs.

4. with Paeonia lactiflora and Dates:
For nutritive function and to purify the twelve meridians.

5. with Cervus nippon:
Jing and blood deficiency, palpitations, sweating, stiffness of the limbs, cold energy in the *Tantien*.

Simple Herbal Formulas & Illustrative Combinations

The formulas in this section are fundamental and very effective. They can be used independently, as well as a guide to the study of larger and more elaborate preparations.

Each formula in this section is written in an amount sufficient for one pack to be prepared as a decoction. All herbs are mixed together in units of 4 grams (approximately one Chinese CHEN) unless otherwise indicated. The numbers can also be used as proportions for any quantity you wish to prepare.

Angelica Sinensis Formulas

Angelica sinensis can be added to in equal amounts to any individual yang tonification herb to assist and balance its function.

I.

Panax ginseng
Angelica sinensis
Astragalus membraneceus

Insufficiency of *ch'i* and blood, or Yin and Yang imbalanced.

II.

Angelica sinensis
Panax ginseng
Zizyphus spinosa

Insomnia.

III. Four Materials Tea

Angelica sinensis
Rehmannia glutinosa
Ligusticum chuanxiong
Paeonia lactiflora

General blood and liver deficiency. Used for indigestion, menstrual pain and menstrual irregularity due to blood and liver deficiency.

IV. Women's Returning to Spring Pills

Angelica sinensis	2.5
Poria cocos	
Citrus pericarpium	1.5
Atractylodes macrocephala	
Paeonia lactiflora	

Dioscorea japonica	
Eucommia ulmoides	1.0
Cuscuta chinensis	
Glycyrrhiza uralensis	2 Slices

Women's anemia due to insufficiency of *ch'i* and blood. It can be used as a general tonic for deficiency cases showing dizziness, palpitations, dysmenorrhea and insomnia.

Astragalus Membraneceus Formulas

I. Shaolin Returning to the Origin Pills

Astragalus membraneceus
Angelica sinensis

Tonification of blood—especially after fighting or a transfusion.

II.

Astragalus membraneceus
Cinnamon cassia

Excessive sweating due to yang energy deficiency during the performance of forms and general practice.

III.

Astragalus membraneceus
Paeonia lactiflora
Cinnamon cassia
Glycyrrhiza uralensis

Similar to II, but stronger. Used for continuous sweating.

IV.

Astragalus membraneceus
Angelica sinensis
Cinnamon cassia

Women's training problems. Used for lower abdominal pain.

V. Guarding the Origin

Astragalus membraneceus	2.0
Panax ginseng	
Glycyrrhiza uralensis	1.0

Tonifies the vital energy and increases metabolic speed. It can be used to tonify yang energy during the summer months, while sedating perverse heat in the lungs and heart. Used for skin and muscle damage, as well as bone bruise.

VI. Upper and Lower Warmer Combination

Astragalus membraneceus	3.0
Rehmannia glutinosa	2.5
Ophiopogon japonicus	
Panax ginseng	2.1
Lycium chinense	1.0
Schizandre chinensis	

Invigorates the kidneys and lungs, supports *wei ch'i* or protective energy and helps the lungs send down *ch'i* to lower warmer. This formula is used for general vital energy deficiency, especially when showing excessive heat in lungs and feverishness in the palms due to weak kidney energy.

VII.

Astragalus membraneceus	15.0
Panax ginseng	3.0
Zizyphus spinosa	
Atractyolodes macrocephala	2.0
Angelica sinensis	
Paeonia lactiflora	
Cornus officinalis	
Dioscorea opposita	
Lycium Chinensis	
Psoralea Corylifolia	1.0
Juglans Regia	

Greatly invigorates the *yuan ch'i*, warms and nourishes the spleen and kidney, nourishes the blood, tranquilizes the nerves, subdues wind *(feng)*.

Deer Horn Formulas

I.

Cervus nippon (one to four ounces per liter of vodka)

Made as a liqueur, it can be used for tonification according to its general functions.

II.

Lycium chinense
Angelica sinensis

General tonification liqueur for women according to Cervus nippon functions, but milder.

III. Women's Deer Horn Health Wine

Cervus nippon
Equus asinus
Angelica sinensis
Rehmannia glutinosa
Paeonia lactiflora

Strengthens the vitality in general and the uterus in particular. Used to help stop uterine bleeding when due to severe vital energy deficiency during pregnancy.

IV. White Dragon Pill

Cervus nippon gel	2.0
Oyster shell	
Dragon bone	1.0

Activates the *jing* and fortifies the yang *ch'i*

Cornus Officinalis Formulas

I.

Cornus officinalis
Panax ginseng
Angelica sinensis

Tonifies both yin and yang energies.

II.

Cornus officinalis
Schizandre chinensis

Tonification of the kidney and lung functions.

III. Women's Training Formula

Rehmannia glutinosa
Angelica sinensis
Cornus officinalis
Lycium chinense
Panax ginseng
Astragalus membraneceus

Tonification of the general vitality, yin energy and blood.

IV.

Cornus officinalis
Rehmannia glutinosa
Panax ginseng
Cinnamon cassia

Cools False Fire and tonifies the vital energy. Used for headache due to False Fire energy.

Dioscorea Japonica Formulas

Dioscorea Japonica may be mixed with any tonification herb to add its own energy or to assist another.

I. Women's Dioscorea Japonica Honey Pills

White honey with royal jelly	
Dioscorea japonica	1.0 to 5.0
Cervus nippon	1.0

Tonifies the *jing* and blood; warms the uterus. Used for lumbar and knee weakness as well as infertility in women.

II.

Dioscorea japonica
Cornus officinalis
Schizandre chinensis

Tonify and increase the flexibility of the tendons.

III.

Dioscorea japonica
Panax ginseng

Tonification of the middle *Sanjiao* (stomach, spleen, gall bladder and liver).

IV.

Dioscorea japonica
Panax ginseng
Angelica sinensis
Paeonia lactiflora

Same as III but stronger.

Panax Ginseng Formulas

I. Winter Health Tea

Fresh Ginger	1.5
Panax ginseng	1.0
Glycyrrhiza uralensis	
Dates	1 piece

This is a general health tea which warms and the strengthens vitality. Because it invigorates the lungs in particular, it can be used for chronic asthma, sore or dry throat. Add honey to taste.

II.

Panax ginseng
Schizandre chinensis

Shortness of breath during and after training. Used for physical shock.

III.

Panax ginseng
Cervus nippon

Very strong tonification of the vital yang energy.

IV.

Panax ginseng
Astragalus membraneceus
Paeonia lactiflora
Schizandre chinensis

Excessive sweating during the summer, while training, while sleeping, or in normal room temperature. Used for general sexual vitality and spermatoria.

V.

Panax ginseng
Paeonia lactiflora
Glycyrrhiza uralensis

Stomach spasms or pain caused by heat loss. Used for nausea or vomiting from anemia.

VI. Recovering the Pulse Formula

Panax ginseng
Ophiopogon japonicus
Schizandre chinensis

Loss of yang pulse. Used for extreme fatigue.

Lycium Chinense Formulas

I.

Lycium chinense
Rehmannia glutinosa

Eyesight problems due to kidney energy deficiency.

II. Fire and Water Combination

Lycium chinense
Panax ginseng

Strong heart and kidney tonification.

III.

Lycium chinense
Angelica sinensis
Paeonia lactiflora

Yin energy tonification in general and the blood energy in particular.

IV.

Lycium chinense	2.0
Rehmannia glutinosa	
Schizandre chinensis	1.0

Hormone deficiency. Used for metabolic speed problems.

Morinda Officinalis Formulas

I. Heavenly Minister's Powder

Morinda officinalis
Rehmannia glutinosa
Psoralea corylifolia
Angelica sinensis

Used for endurance, stamina, poor eyesight due to low vital energy.

II. Tantien Storm

Morinda officinalis
Cornus officinalis
Dioscorea japonica
Lycium chinense
Psoralea corylifolia

Kidney yang or sexual energy. Used for endurance in *Nei Gung* and stronger erection.

III. Earth Immortal Pills

Cistanche salsa	2.0
Chrysanthemum	1.0
Lycium chinense	
Morinda officinalis	

Insufficiency of vital energy in the *Tantien* and kidneys manifesting as deficiency heat in the liver—especially when resulting in sinew and bone aches and pains. Also used to brighten and strengthen weak eyes and clear dizziness.

IV. Jade Immortal Tea

Cornus officinalis
Schizandre chinensis

Cervus nippon
Morinda officinalis
Psoralea corylifolia
Lycium chinense

Vital energy deficiency. Used for spermatoria, sexual problems due to yang energy deficiency, kidney backache and excessive sweating.

V. Reverse Aging Pills

Rehmannia glutinosa	1.7
Dioscorea japonica	1.4
Achyranthes bidentata	
Cornus officinalis	
Poria cocos	
Morinda officinalis	
Cistanche salsa	
Eucommia ulmoides	
Broussonetia papyrifera	
Schizandre chinensis	
Lycium chinense	1.0
Foeniculum vulgare	
Acorus gramineus	

Nourish the yin and fortify the yang; rejuvenate the heart and produce blood; strengthen the sinew and brighten the eyes. This is primarily a longevity formula.

Paeonia Lactiflora Formulas

I.

Paeonia lactiflora
Panax ginseng
Ophiopogon japonicus
Rehmannia glutinosa
Cinnamomum cassia

General weakness due to low vital energy.

II.

Paeonia lactiflora
Ligusticum chuanxiong

Detoxify the liver through tonification.

III.

Paeonia lactiflora
Panax ginseng

General vital energy.

IV.

Paeonia lactiflora
Angelica sinensis

General yin tonification.

V.

Paeonia lactiflora

Dates
Ginger

Detoxify the twelve major meridians. Used to warm the stomach and help ease digestion.

VI.

Paeonia lactiflora
Glycyrrhiza uralensis

Balance the twelve major meridians. Used for abdominal pain.

VII.

Paeonia lactiflora
Rehmannia glutinosa
Angelica sinensis
Cervus nippon

Tonify the general vitality to invigorate the kidneys, spleen, stomach, brain and *Tantien*.

VIII.

Paeonia lactiflora	5.0
Astragalus membraneceus	
Epimedium koreanum	
Panax ginseng	2.0
Angelica sinensis	
Cervus nippon	1.0

Strong *jing* formula.

Polygonum Multiflorum Formulas

I.

Polygonum multiflorum
Lycium chinense
Cynomorium
Cornus officinalis

Calm the nerves. Used for yang impotence.

II. Polygonum Multiflorum Liqueur

Polygonum multiflorum
Cervus nippon
Eucommia ulmoides
Angelica sinensis
Lycium chinense
Cornus officinalis
Achyranthes bidentata

Greatly strengthens the sinew and bones, supplements the liver and kidneys. Used for numbness and stiffness of the limbs.

III. Polygonum Multiflorum and Panax Ginseng Combination

Polygonum multiflorum
Panax ginseng

Strengthen the yin and yang energies.

IV. Heaven and Man Formula

Polygonum multiflorum	2.0
Poria cocos	1.0
Foeniculum vulgare	
Rehmannia glutinosa (raw)	

Rehmannia glutinosa (cooked)
Panax ginseng
Ophiopogon japonicus
Asparagus cochinchinensis

Strengthen the yin energy of the heart and kidneys. Used for longevity—literally translated as "returning the hair to its original color".

V. Jade Peach

Atractylodes macrocephala	2.0
Rehmannia glutinosa (cooked)	
Lycium chinense	1.0
Panax ginseng	
Polygonum multiflorum	
Morinda officinalis	

This is a simple longevity formula used to fortify the spleen, kidneys and liver; nourish the *jing* and blood; and return hair to its original color. It is especially helpful for deficiency conditions of the middle warmer manifesting as loss of appetite and dizziness. One reference also includes one unit of Ginseng in this formula.

VI. Double Benevolence Paste

Polygonum multiflorum	2.0
Ganoderma lucidum	
Walnut meat	1.0
Plantago	

Used to supplement and nourish the yin and yang, liver and kidneys. It cultivates both the *jing* and blood, as well as regulates the spleen and lungs in order to strengthen the gastrointestinal and respiratory systems. This formula's name refers to its use of Polygonum multiflorum and Ganoderma lucidum as the main ingredients. Prepare this formula as a honey paste.

Psoralea Corylifolia Formulas

I.

Psoralea corylifolia
Foeniculum vulgare

Excessive urination due to cold energy entering kidneys.

II.

Walnut meat	2.0
Psoralea corylifolia	1.0

Fast *Tantien* energy.

III. Jade Gate Powder

Rehmannia glutinosa
Panax ginseng
Lycium chinense
Psoralea corylifolia
Schizandre chinensis

Vital energy deficiency. Used for spermatoria, sexual energy, kidney backache, excessive sweating, shortness of breath.

IV.

Cornus officinalis
Cuscuta chinensis
Psoralea corylifolia
Walnut meat

Kidney yang deficiency. Used for impotence, coldness in the lumbar and knees.

V. Simple Nei Gung Training Formula

Rehmannia glutinosa
Cornus officinalis
Panax ginseng
Walnut meat
Psoralea corylifolia
Schizandre chinensis

Tonifies both yin and yang to strengthen the lungs and kidney energy; help store and hold *ch'i* in *Tantien.*

VI. Simple Herbal Regeneration Elixir

Angelica sinensis	4.0
Psoralea corylifolia	1.5
Cornus officinalis	1.0
Deer Musk	0.1

Supports the *yuan ch'i* or yang energy of the *Tantien*, activates the *jing* and fortifies the *shen* in order to promote the return to youth and longevity (the regeneration alluded to in the formula's name).

Rehmannia Glutinosa Formulas

Rehmannia Glutinosa may be added to any yang tonification herb to add its own energy and to assist the action of yang herb.

I.

Rehmannia glutinosa
Epimedium koreanum

Yang energy deficiency resulting in infertility in women, sinew and bone aches and pains.

II. Rehmannia Glutinosa and Cuscuta Chinensis Combination

Rehmannia glutinosa
Cuscuta chinensis

Tonifies hormones, liver and kidney energies.

III.

Rehmannia glutinosa
Polygonum multiflorum

Strong yin tonification.

IV. Insomnia Formula

Rehmannia glutinosa	3.0
Ophiopogon japonicus	
Poria cocos	
Zizyphus spinosa	
Schizandre chinensis	10 pieces

Used to relax the nerves and for insomnia due to yin deficiency of the heart and kidneys.

Panthera Tigris Formulas

Formulate Panthera tigris formulas as liqueurs, pills or a honey paste: do not prepare as a tea or decoction.

I.

Panthera tigris
Angelica sinensis
Achyranthes bidentata

Fortify the sinew and bone, nourish and circulate the blood.

II.

Panthera tigris
Oyster Shell

Forgetfulness or poor concentration.

III.

Panthera tigris
Chaenomeles
Paeonia lactiflora

Wind and deficiency cold of the joints, relax the sinew and muscles. Used for knee and lumbar aches and pains.

Zingiber Formulas

I.

Cervus nippon
Ginger

Jing and blood tonification. Used for palpitations, sweating with heat, stiff limbs due to cold energy in the *Tantien.*

II.

Ginger
Schizandre chinensis

Tonifies lung energy.

III.

Panax ginseng
Ginger

Tonifies stomach energy.

IV.

Ginger
Psoralea corylifolia
Schizandre chinensis

Tonifies kidneys and spleen, as well as sedates cold *(han)* energy in those organs.

V.

Ginger
Rehmannia glutinosa
Dioscorea japonica

Tonify spleen and kidneys. Used for spasms of the gastrointestinal tract.

VI.

Raw Ginger	2.0
Astragalus membraneceus	1.0
Panax ginseng	
Cinnamomum cassia	
Paeonia lactiflora	
Dates	2 pieces

Used for muscle stiffness and numbness due to cold and dampness.

MAJOR FORMULAS

A Compendium of

Traditional

Training Formulas

Guide to the formula descriptions in this section.

• Generic, Product or Common Name

• *Chinese Name in Translation*

• A description of energetic properties and/or disorders for which this formula is effective.

• Contraindication

Foods, other herbs, drugs, or physical conditions for when this formula should *not* be taken.

• Contents

The herbs in each formula are listed in amounts sufficient for an individual pack to be prepared as a decoction or, in the case of obviously larger quantities, the whole length of time or the term the formula should be taken. The herbs are listed in descending amounts.

Sample formula listing:

Panax ginseng	1.2 units each for this and all herbs listed below
Rehmannia glutinosa	
Atractylodes macrocephala	
Poria cocos	
Glycyrrhiza uralensis	
Angelica sinensis	
Ligusticum chuanxiong	
Paeonia lactiflora	
Astragalus membraneceus	1.0 units each for this and all herbs listed below
Cinnamomum cassia	
Paeonia suffruticosa	0.7 units each for this and all herbs listed below
Alisma orientalis	

Yang Ch'i Tea

Four Gentleman

This formula consists of Ginseng and several other herbs which increase the vital yang energy of the body, the *wei ch'i* or flow of energy through the meridians, as well as circulation of energy through the *Tantien.*

Yang energy is light, radiating and hot. It functions primarily through the meridians; thereby supporting and controlling the activity of the organs and areas of the body through which it flows. The purpose of Yang energy tonification is to benefit and support the Origin of Life. The enhanced functioning and increased energy of the organs indirectly creates new Yin energy and physical structure.

According to Oriental medical theory, yang energy strengthens the body's ability to withstand harsh environmental conditions such as wind, extremes of heat and cold, excessive stress, etc.

Contraindication

Chronic indigestion, fever, common cold, pneumonia or any respiratory problems.

Contents

Panax ginseng	2.0
Atractylodes macrocephala	
Poria cocos	
Glycyrrhiza uralensis	1.0

Yin Ch'i Tea

Six Tastes Rehmannia Glutinosa Pills

Commonly called "Six Tastes Rehmannia Tea," this formula has been used since the very beginning of Oriental herbalism to tonify the yin energy, fluids, blood and hormones. This basic formula has been extensively modified many times throughout medical history.

Yin is the source of true yang in the body. Hormones or the glandular energy are categorized as yang of yin or the fire of water. A common problem during training is that the hormone level can quickly drop very low in younger practitioners, causing various kinds of energy imbalances and physical problems. This formula helps bring down heat in the Triple Warmer and suppresses rising liver yang by strengthening the hormones and kidney water energy.

Yin energy deficiency can manifest as symptoms of general debility, low bone strength, lumbar weakness or pain, headache, sensations of heat in the palms, flushed complexion, tinnitus, deafness, red eyes, poor digestion, or weakness of the legs and knees. Yin energy not only strengthens the body by supplementing the material substance and metabolism of the body, but also invigorates the digestive system and the muscles.

Contraindication

Radishes, garlic, chicken and excessive tiredness.

Contents

Rehmannia glutinosa	2.6
Cornus officinalis	1.75
Dioscorea japonica	
Lycium chinense	
Paeonia suffruticosa	1.0
Poria cocos	
Alisma orientalis	

Formula Modification

For weak legs and knee "cracking," add one unit each of Plantago asiatica and Achyranthes bidentata. This formula is known as "Gold Relics Pill."

Tai Chi Tea

Ten Complete Perfect Tonifiers

This is one of the oldest formulas in Oriental medicine for general vitality. It is often considered the standard prescription for the tonification of both the *ch'i* and blood. It is especially useful in promoting endurance and aid in quick recovery after strenuous exercise or prolonged illness.

This formula is expanded from the classic "Eight Materials Pills" by the addition of Astragalus membraneceus and Cinnamomum cassia. It is traditionally called "Ten Complete Great Invigorating Herbs Tea"—the perfect formula. Slightly more yang in nature, it balances and harmonizes the energy of the Triple Burner; supporting the circulation of the *ch'i* and tonifying the blood.

This formula has a wide range of applications in Chinese medicine. It can be used for any deficiency symptom or chronic disease, except those which show symptoms of excessiveness.

Contraindication

Fever, common cold or any lung disorder.

Contents

Panax ginseng	2.0
Atractylodes macrocephala	
Poria cocos	
Glycyrrhiza uralensis	
Rehmannia glutinosa	
Ligusticum chuanxiong	
Angelica sinensis	
Paeonia lactiflora	
Cinnamomum cassia	1.0
Astragalus membraneceus	

Ho Shou Wu Pills

Polygonum Multiflorum Pills

The major herb of this formula, Polygonum multiflorum, is popular for several reasons: nourishing the sinews and muscles, as well as longevity (literally translated in this context as "returning hair to its original color"). According to popular lore, it is said that a very large root will not only return youth but also grow new teeth. This formula strengthens the muscles, marrow and sinew by tonifying the *ch'i*, blood and the energy circulation of the Triple Warmer.

This is a special modification of the Tai Chi Tea formula and can be used for many of the same types of imbalances; it particularly helps cool excessive heat in the muscles during hard work outs. Because it closely follows the functioning of Polygonum multiflorum, anyone interested in this herb should consider using this formula.

Contents

Polygonum multiflorum	2.5
Astragalus membraneceus	2.0
Rehmannia glutinosa	
Panax ginseng	1.0
Atractylodes macrocephala	
Angelica sinensis	
Poria cocos	
Paeonia lactiflora	
Ligusticum chuanxiong	
Cinnamomum cassia	
Glycyrrhiza uralensis (baked)	

Ginseng & Deer Horn Pills

Dragon Herd

This formula greatly benefits the internal organs by building and circulating energy. It strongly invigorates the *Tantien* and *Mingmen* (Life Gate) as well as benefits the *ch'i*, *jing*, nerves and blood. It can be useful for any kind of training and is especially suited for building and storing *Tantien* energy. This formula brings down False Fire energy by rejuvenating both the yin and yang energy of the water element.

This formula is very hot energetically and will add a great deal of heat to the body because of its combination of Deer Horn, Ginseng and processed Aconite carmichaeli. This formula is suited for only for older practitioners or persons with extremely low vital energy and deficiency cold in the lower *Sanjiao*—especially when showing cold hands and feet. Besides being a powerful tonifier of vital energy, it is traditionally used by the Chinese to treat nonspecific problems characteristic of severe debility and low vitality—such as general weakness, fatigue, apathy, anemia, absentmindedness, lack of will, nocturnal emission, spermatoria, as well as weak muscles in the lumbar and legs.

This formula should be prepared as a honey pill or paste. Deer Musk is optional and may be omitted due to its expense. Aconite carmichaeli should be omitted from this formula during spring, summer or warm weather, by anyone younger than forty years old, or by persons with problems caused by heat or ascending energy. Deer Horn gel may be substituted in these conditions.

Contraindication

Fever, common cold, rising perverse energy problems, any lung disorder, younger practitioners, overweight persons.

Contents

Cervus nippon	6.0
Cornus officinalis	
Panax ginseng	
Rehmannia glutinosa	
Angelica sinensis	
Cinnamomum cassia	2.0
Schizandre chinensis	1.5
Aquilaria agallocha	1.0
Deer Musk	0.1

Yuan Ch'i Elixir

Maximum Tonification of the Original Ch'i

This formula strongly invigorates the *Tantien*, *jing*, *shen*, blood and *ch'i*. It mixes the fire and water energies of the body and provides extra *ch'i* to the lower warmer to strengthen the lumbar and knees.

Contents

Rehmannia glutinosa	6.0
Panax ginseng	4.0
Dioscorea japonica	2.0
Cornus officinalis	
Angelica sinensis	
Lycium chinense	
Zizyphus spinosa	
Eucommia ulmoides	
Glycyrrhiza uralensis	1.0

Huang Ti's Choice

Double Harmonization Tea

Reputed to be the favorite herbal preparation of Huang Ti, the Yellow Emperor, this formula has used for centuries as a general health tea to promote balance and longevity. As its original name suggests, it supplements and balances both the *ch'i* and blood. It tonifies all the internal organs; providing extra yang energy to the lungs and extra yin energy to the kidneys. Although difficult to find in Chinese *pentsaos*, this formula is very popular in Korea and can be found at many Korean grocery stores.

Used for any kind of deficiency problems, Huang Ti's Choice is particularly suited for exhaustion due to overwork, immoderation in food or sex and general debility after an illness. It may be taken for extended periods of time because of its mild and balanced nature.

Contents

Paeonia lactiflora	5.0
Astragalus membraneceus	2.0
Ligusticum chuanxiong	
Angelica sinensis	
Rehmannia glutinosa	
Cinnamomum cassia	1.0
Glycyrrhiza uralensis	
Ginger	
Dates	

Ginseng Pills

This is one of the best Ginseng formulas available and is well suited for long-term use. It stimulates yang energy and protects all the major acupuncture points from external perverse energy. It is reported that Taoist monks used this formula to protect their acupuncture points during meditation. It strongly tonifies the Triple Warmer and the circulation of energy.

Contraindication

Fever, common cold, rising perverse energy problems, any lung disorder, younger practitioners, overweight persons and severe yin deficient persons.

Contents

Panax ginseng	1.7
Rehmannia glutinosa	
Atractylodes macrocephala	
Poria cocos	
Glycyrrhiza uralensis	
Angelica sinensis	
Ligusticum chuanxiong	
Paeonia lactiflora	
Astragalus membraneceus	1.45
Cinnamomum cassia	
Paeonia suffruticosa	1.0
Cornus officinalis	
Dioscorea japonica	
Alisma orientalis	

SPECIALIZED TRAINING FORMULAS

Tonification Formulas

for Specific Training Problems

Bone Break Pills

This formula is used during the convalescence of broken bones and injured joints. Once the swelling and bruising have been resolved, the limbs may still be stiff, aching or weak. This formula provides the extra measure of energy needed to speed up and complete recovery.

It strengthens the liver and kidneys and promotes the circulation of energy and blood through the joints and bone.

Contraindication
Pregnancy.

Contents

Dipsacus japonicus	3.0
Rehmannia glutinosa	1.5
Angelica sinensis	
Achyranthes bidentata	
Acanthopanax gracilistylus	
Eucommia ulmoides	
Cornus officinalis	1.2
Paeonia lactiflora	
Poria cocos	
Citrus pericarpium	1.0

Tiger Stance Pills

This formula is beneficial for improving stance work by strengthening the muscles and sinew in the waist, knees and legs. It is particularly useful for experts who perform in low stances or practice meditation in standing postures. It may also be used by anyone who has weak lumbar, legs or knees and wants to strengthen them.

It is traditionally used for yin energy, kidney water deficiency, or any kind of energy deficiency causing stiffness or sinew and bone weakness.

Contraindication
Low yin energy, low hormone energy, common cold, raw food and poor digestion.

Contents

Panthera tigris	8.0
Cornus officinalis	6.5
Achyranthes bidentata	
Poria cocos	
Cynomoria songaricum	
Angelica sinensis	
Eucommia ulmoides	
Dioscorea japonica	
Panax ginseng	
Lycium chinense	
Cuscuta chinensis	
Rubus chingii	
Phellodendron	2.0
Paeonia lactiflora	
Citrus pericarpium	
Paeonia suffruticosa	1.5
Morus alba	
Rehmannia glutinosa	1.0
In Autumn and Winter, add Dry Ginger	1.0

Ling Chih Longevity Elixir

Ling Chih is one of the most prized and precious medicinal plants in China because of its invaluable and wide-ranging qualities. This combination of Ling Chih and other herbs helps strengthen the heart, the nervous system and the immune system. It increases vitality, promotes the function of mental activity, circulates the blood, invigorates the sinew and bones and dispels fatigue.

Contents

Ganoderma lucidum
Rehmannia glutinosa
Panax ginseng
Lycium chinense
Psoralea corylifolia
Achyranthes bidentata
Cistanche salsa
Morinda officinalis
Rubus chingii
Dioscorea japonica
Biota orientalis
Walnut meat
Chrysanthemum morifolium
Cuscuta chinensis
Poria cocos
Cinnamomum cassia
Schizandre chinensis

Golden Phoenix Liqueur

This formula was used for Taoist sexual yoga meditations. It was designed to support and enhance the kidney yin and yang functions. It strongly tonifies the *jing* or sexual energy and *Tantien*, as well as strengthens the muscles and bones and clears the *shen*.

In traditional Oriental medical theory, longevity, mental clarity and sexual vitality are rooted in the *Mingmen* or Life Gate energy. To get the maximum benefit from this formula, the user should abstain from sex and all forms of sexual stimulation for two weeks while meditating.

Contents

Add to one liter of vodka, brandy or gin.

Rehmannia glutinosa (raw)	2.0
Rehmannia glutinosa (processed)	
Angelica sinensis	
Ophiopogon japonicus	
Lycium chinense	
Epimedium koreanum	
Amomum villosum	1.0

Hua T'o Ginseng Pills

Hua T'o Deficiency, Stress & Loss of Jing Formula

Hua T'o was one of the legendary physicians of Chinese antiquity. He is most widely recognized as having developed the earliest *ch'i kung* exercises and Taoist gymnastic techniques which were important precursors to Tai Chi Chuan and other internal martial arts. Equally as important are his developments of aneasthsia and sophisticated surgical procedures approximately nineteen hundred years ago.

This is perhaps one of the most interesting Ginseng formulas available. The portions of the herbs included in this formula tailor the ginseng's energy, making it especially useful for deficiency, stress, loss of *jing* and similar problems caused by exhaustion.

Contents

Ginseng	30.0
Alisma orientalis	2.5
Cinnamomum cassia	1.5
Oyster shell	
Astragalus hoangtchy	
Phellodendron amurense	
Asarum heterotropoides	
Sophora flavescens	
Ophiopogon japonicus	2.0
Rehmannia glutinosa	
Dried ginger	
Cuscuta chinensis	1.0

Eight Immortals

Eight Immortals is a very cold formula energetically. It strongly tonifies the yin energy, bones, marrow and *Tantien*. It helps condense and circulate the *ch'i* deep in the physical structure.

This formula should be made either as a honey pill or liqueur, but not as a tea or decoction.

Contraindication
Low yin or yang energy, low hormone energy, common cold, raw food and poor digestion.

Contents

Angelica sinensis	6.0
Chinemys reevesii	
Phellodendron amurense	
Anemarrhena asphodeloides	
Biota orientalis	
Cornus officinalis	
Achyranthes bidentata	3.0
Polygonum multiforum	1.0

Tiger Bone/Ginseng Liqueur

This formula was devised by the Taoist physician, Shie Jien Pao and was one of the secret liqueurs of Taoist martial artists. Because it strongly increases the *wei ch'i* or protective energy, it serves to safeguard the body from all forms of external and internal shock. It can also be used for strengthening the internal organs, increasing muscular endurance and improving the bone structure. It should be only used during winter due to its strong yang character.

A deficiency of yang energy can manifest as general weakness of the body, stiff limbs, excessive sweating and diminished stamina. Tiger Bone is strongly recommended for yang energy restoration as well as used to strengthen the bones and sinew by reducing wind and dampness. By combining Tiger Bone with aged Ginseng, the potency for yang energy is strongly intensified.

Rarely is genuine Tiger Bone used anymore because of the danger of extinction and its cost. Customarily white stallion bone or ox bone is substituted.

Contraindication

Excessive internal heat, rising fire problems due to meditation or yin deficiency, pregnancy.
important

Contents

Add to one liter of vodka, brandy or gin.

Panax ginseng	10.0
Panthera tigris	

Joint Fatigue Formula

During training, the joints can easily become fatigued, sore and stiff due to stress and overwork. This is an internal formula which helps ease the muscular stiffness and helps recovers the range of motion of the limbs by adding an extra measure of vital energy. It circulates the *ch'i* and the blood through the joints, as well as opens the meridians and blood vessels in the muscles.

Contents

Astragalus membraneceus	1.4
Atractylodes macrocephala	
Poria cocos	
Cistanche salsa	
Angelica sinensis	
Achyranthes bidentata	
Epimedium koreanum	
Panthera tigris gel	
Cibotium barometz	
Glycyrrhiza uralensis	1.0

Two Immortals Wine

In Taoist philosophy, the tortoise and the deer are icons of longevity and vitality. Two Immortals Elixir nourishes the *jing* and marrow, greatly invigorating and filling the *Tantien*. It rejuvenates the kidney vitality and is especially useful for aching and soreness in the waist and knees due to deficient energy. This is one of the most potent energy-building herbal wines. It is recommended that you set this liqueur aside for at least four months to age to let its flavors mellow and blend.

The original formula is very yang and creates a great deal of energetic heat in the body due to the combination of Deer Horn and Ginseng. It is solely intended for yang deficient practitioners. It strongly invigorates the *jing*, *ch'i*, blood and marrow.

The modified formula is much more yin due to the use of Deer Horn Gel instead of raw Deer Horn. The added combination of Astragalus membraneceus and Angelica sinensis is famous for blood production. This modified formula supports and nourishes the yang energy by sustaining the source of true yang energy: the water element. It can be used during training when the exercises or meditations produce strong vital heat or yang energy. The modified formula can also be used in situations where someone suffers from recurrent problems due to unbalanced ascending energy. It is more supportive of the blood, sinew and muscle, whereas the original is more supportive of the energy and the meridian flow.

In men, the modified formula nourishes, supplements, strengthens and fortifies general health and well-being. Supporting and nourishing the yin energy and the marrow, it is especially useful in treating spermatorrhea due to deficiency syndromes. In women, the modified formula helps regulates menstruation, supplementing the yin energy, blood and fluids. It is particularly useful in treatment of red or white leukorrhea when caused by deficiency.

Original Formula	
Cervus nippon	1-10
Chinemys reevesii	1-5
Lycium chinense	1-2
Panax ginseng	1

Modified Formula	
Cervus nippon gel	60
Chinemys reevesii gel	
Lycium chinense	5
Angelica sinensis	3
Astragalus membraneceus	
Panax ginseng	

Add either formula to one liter of vodka, sake or brandy.

Shaolin Temple Tiger Fighting Elixir

Internal Formula to Fortify the Inner Spirit and Fight Like a Tiger

This Shaolin Temple formula was intended for use *only* during advanced training. Its combination of Deer Horn and Ginseng helps make it a strong formula for vital yang energy, but it is not intended to solely tonify the vitality. This formula is designed to strengthen and distribute the vital energy throughout the entire body, calm the nervous system, as well as promote the circulation of blood and open the acupuncture meridians.

Its combination of herbs strengthens the muscles, sinews and joints, as well as circulates the energy through the *Tantien*. It opens and relaxes the sinews and muscles to prevent energy blocks or musculoskeletal problems. It is intended for use in specialized areas of practice where the strength of the arms and the legs is a major factor, such as extensive stance work, holding heavy jars, unusual types of weight training, practicing with weighted weapons and Iron Mountain *ch'i kung* Training.

As a traditional formula, it was used by the Shaolin monks when great strength and flexibility were required. It was fabled to make one powerful enough to fight tigers or like a tiger; hence the name. Cinnabar and several types of Aconite carmichaeli were originally included in the original formula but should not be used by any practitioner without extensive experience in herbology and specialized advanced training in martial arts.

Contents

Poria cocos	4.0
Achyranthes bidentata	
Chaenomeles lagenaria	
Cistanche salsa	
Morinda officinalis	
Eucommia ulmoides	
Ophiopogon japonicus	
Asparagus cochinchinensis	
Zizyphus spinosa	
Amomum villosum	
Cnidium monnieri	
Astragalus complanatus	
Saussurea Lappa	2.0
Polygala tenuifolia	
Panax ginseng	1.0
Cervus nippon	

Jade Pillow Liqueur

Zizyphus Spinosa Seed Liqueur

This formula tonifies the yin of the heart and kidneys and reinforces the energy communication between these two organs. It is beneficial for the lack of energy due to nervous exhaustion, stress or fatigue when resulting in symptoms of insomnia, amnesia, nightmares, rapid heart palpitations and night sweats.

One source adds one to ten parts of Ginseng.

Contents

Add to one liter of vodka, brandy or gin.

Zizyphus spinosa (prepared)	40.0
Poria cocos	10.0
Ligusticum chuanxiong	6.0
Anemarrhena asphodeloides	1.0
Glycyrrhiza uralensis	

Fire & Water Combination

Nourish the Water Element to Fortify Yang

This formula nourishes and tonifies the kidney water energy and fortifies the *shen*. It tonifies the *jing*, *Tantien* and *Mingmen* to support the five organs and promote longevity. It can also help suppress excessive liver energy by tonification of the water element.

It can be used for insufficiency of yang energy and general weakness, especially when showing lumbar pain, tinnitus and weakness of the marrow or entire body.

Contents

Rehmannia glutinosa (processed)
Astragalus membraneceus
Cornus officinalis
Lycium chinense
Achyranthes bidentata
Panax ginseng
Panthera tigris
Eucommia ulmoides
Dipsaucus japonicus
Poria cocos
Zizyphus spinosa seeds (roasted)
Cinnamomum cassia
Schizandre chinensis
Placenta (optional) whole one

Winter Training Wine

This wine is a expanded version of the "Tiger Bone/Ginseng Wine" formula. It is designed to warm and circulate the energy and blood in the muscle channels *(Lou)* in order to eliminate wind, cold and damp perverse energies. It stops aches and pains in the muscles and joints and eases the stiffness and weakness of the limbs.

Many Panthera tigris formulas are designed for rheumatism, neuralgia, stiffness and other similar problems which Oriental medicine attributes to wind, damp and cold energies obstructing the functioning of the joints.

Contraindication
Pregnancy, common cold and raw food.

Contents
Add to one liter of vodka, brandy or gin.

Panthera tigris
Cervus nippon
Panax ginseng
Acanthopanax gracilistylus
Angelica sinensis
Lycium chinense
Achyranthes bidentata
Eucommia ulmoides
Chaenomeles sinensis

Shaolin Temple Longevity Formulas

SELECTIONS FROM
Shaolin Si Mi Fang Ji Jin
(The Time-Honored Compendium of
Shaolin Temple Secret Formulas)
—Recorded & Arranged
by the Buddhist Monk De Qian

Recovery Formula

Recuperation Formula for Strengthening and Supplementing

Used by Shaolin monks to build energy, stamina and to speed recovery after an injury. It benefits the blood and invigorates the *ch'i*, fortifying the kidneys and bones. It can also be used for general deficiency problems and general inactivity, especially when the facial color is pale, the person exhibits nervousness, has aching or weakness in the lumbar, knees or thighs. This formula is similar to the "Gold Relics Pills."

Contents

Rehmannia glutinosa	2.5
Astragalus membraneceus	
Angelica sinensis	
Plantago asiatica	2.25
Zizyphus spinosa	
Achyranthes bidentata	1.5
Ligusticum chuanxiong	1.0
Cinnamomum cassia	1 piece

Superior Tonification Formula

Shaolin Great Energizing Formula

This is a Shaolin version of *Tai Chi Tea* and can be used as a general tonic according to similar indications. This formula is more yin in nature. It can be used to tonify the spleen, kidneys and yin energy. The use of both the red and white types of Paeonia lactiflora indicate this formula is primarily used for the yin, blood and energy circulation.

Contents

Rehmannia glutinosa	3.4
Astragalus membraneceus	
Panax ginseng	1.6
Atractylodes macrocephala	
Angelica sinensis	
Paeonia lactiflora (red)	1.0
Paeonia lactiflora (white)	
Poria cocos	
Glycyrrhiza uralensis	
Dates	1 piece

Shaolin Longevity Elixir

This formula greatly strengthens the blood and the *ch'i*, regulates the yin and yang and vigorously tonifies and nourishes all the internal organs. As a longevity formula, it is intended to alleviate any weakness of the body and used to strengthen the lumbar and kidneys. By strongly building *jing* and clearing the upper *Sanjiao* of heat, it is said to return white hair to its original color, benefit the mind and brighten the eyes.

This is an exceptional example of classical Shaolin longevity formulas. It includes not only a broad base of tonification herbs, but also herbs which facilitate the building and circulation of the *ch'i* and blood in order to help resolve any energy stagnation problems caused during heavy training.

Contraindication

Any type of internal perverse heat condition. Pork, garlic, onions, beans, pepper and fish.

Contents

Hemerocallis lilioasphodelus	10.0
Raphanus sativus	
Salvia miltiorhiza	
Astragalus hoangtchy	
Glycine soja	
Gypsum	
Astragalus complanatus	5.0
Euphoria longan	
Cornus officinalis	
Lycium chinense	4.0
Ganoderma lucidum	
Viscum coloratum	
Atractylodes macrocephala	
Achyranthes bidentata	
Frittillaria cirrhosa	
Lonicera japonica	
Nelumbo nucifera	
Dendrobium nobile	
Millettia reticulata	3.3
Gardenia jasminoides	
Polygonum multiflorum	3.0
Human Placenta	
Rehmannia glutinosa (raw)	
Cassia obtusifolia	
Celosia argentia	
Chrysanthemum morifolium	
Asparagus cochinchinensis	
Poria cocos	
Cistanche salsa	
Cynomorium	
Eclipta alba	
Plantago asiatica	
Biota orientalis	
Zizyphyus Jujuba	
Hibiscus syriacus	
Lilium brownii	
Eucommia ulmoides	
Cibotium barometz	
Zaocys dhumnades	
Gentiana macrophylla	
Polygala tenuifolia	
Cuscuta chinensis	
Eclipta alba	
Allium tuberosum	
Prunus persica	
Juglans regina	
Platycodon grandiflorum	
Paeonia lactiflora	
Coptis chinensis	
Ophiopogon japonicus	
Panax ginseng	2.0
Ostera gigas	
Stegodon orientalis	
Carthamus tinctorii	
Panax pseudo-ginseng	
Morinda officinalis	
Dipsacus japonicus	
Cinnamomum cassia	
Prunus armeniaca	
Manis pentadactyla	
Acorus gramineus	
Sparganium stoloniferum	
Curcuma zedoaria	
Ligusticum monnieri	
Pheretima aspergillum	
Marsedenia griffithii	
Schizandre chinensis	
Donkey penis (optional)	1.0
Deer penis (optional)	
Cervus nippon	

Ginseng Paste Formula

Shaolin High Mountain Ginseng Paste

This formula supplements the kidneys, invigorates the *ch'i* and nourishes the blood in order to benefit the liver and brighten the eyes. It can be used in a variety of cases showing liver yin deficiency which results in heart palpitations, dryness of the lips and mouth, weakness of the four limbs or loss of appetite. It also benefits such kidney deficiency problems as lumbar pain, dizziness, tinnitus and weakened mental faculties.

Contraindication

Any type of internal perverse heat condition. Pork, garlic, onions, beans, pepper and fish.

Contents

Rehmannia glutinosa	3.8
Cornus officinalis	
Lycium chinense	
Euphoria longan	
Crataegus cuneata	
Hordeum vulgare	
Paeonia lactiflora	2.9
Panax ginseng	
Anemarrhena asphodeloides	
Polygonum multiflorum	
Asparagus cochinchinensis	
Atractylodes macrocephala	
Equus asinus	
Phyllostachys nigra	1.9
Zizyphyus jujuba	1.6
Biota orientalis	
Polygonatum odoratum	1.125
Astragalus hoangtchy	1.0

General Blood Formula

Shaolin Blood Strengthening Decoction

This formula is used in conditions of blood and yin deficiency, shortness of breath, dizziness with red eyes and weakness of the four limbs.

Contents

Rehmannia glutinosa	10.0
Angelica sinensis	5.0
Panax ginseng	
Atractylodes macrocephala	2.0
Glycyrrhiza uralensis	1.0
Dates	1 pieces
Sugar (optional)	10.0

General Heart Formula

Shaolin Heart Strengthening Decoction

Heart organ deficiency showing restlessness, agitated movement of the limbs and frequent dreaming.

Contents

Pig's heart	Whole one
Angelica sinensis	10.0
Rehmannia glutinosa (raw)	
Zizyphyus jujuba	4.0
Biota orientalis	
Dates	1 piece

Yin & Blood Formula

Shaolin Displaying Vigor Pills

Invigorate the blood and nourish the yin and hormones.

Contents

Rehmannia glutinosa (raw)	5.0
Polygonum multiflorum (wine prepared)	
Cuscuta chinensis	
Angelica sinensis	
Eclipta alba	
Crataegus cuneata	2.0
Citrus pericarpium	1.0

Darkening the Hair Pills

Shaolin Black Pills

The Chinese name of the formula is *Wu Fa Wan*. *Wu* means "black" and *Fa*, "expressing." The name is a pun on both the purpose of the formula (returning the hair to its original black color) and several of the ingredients (black sesame and black beans).

It will invigorate the blood and nourish the yin. It is used for prematurely graying hair due to blood deficiency.

Contents

Polygonum multiflorum	30.0
Black beans	
Angelica sinensis	15.0
Paeonia lactiflora	
Ligustrum lucidum	
Dendrobium nobile	12.0
Black sesame	
Lycium chinense	
Gastrodia elata	
Condonopsis pilosula	9.0
Asparagus cochinchinensis	
Ophiopogon japonicus	
Anemarrhena asphodeloides	6.0
Paeonia suffruticosa	

Glossary

Important Terms

and

Names

Ch'i Kung	[also *Ki Gung* or *Qi Gung*] A general term for meditative exercises which use breathing and movement to promote energy development, martial art skills, or health and vitality. Literally, the term means "energy work" or "breathing skills." There are a wide variety of styles of *Ch'i Kung*—sometimes using specific acupuncture meridians, muscle groups, body parts, or particular types of energy circulations. Some styles imitate the movement and character of animals, while others use patterns of movement to promote the vital energy's circulation and development. The term is sometimes distinguished from *Nei Gung*, which is primarily concerned with energy circulations done without movement or during sitting meditation.
Cold *(Han)*	See "Perverse Energies."
Dampness *(Shi)*	See "Perverse Energies."
False Fire	Symptoms of heat, light fever or flushing due not to any infection or inflammation but to comparatively low yin, kidney or water energy. When yin energy is low it cannot hold down or attract yang, resulting in its rising upward and giving the appearance of excessiveness.
Fire *(Huo)*	See "Perverse Energies."
Five Elements	[also Five Transformations or Five Phases] A system of five primary actions, archetypes, or elements which expresses all levels of the manifested and unmanifested universe. Holding a similar role as the Periodic Table of Elements in western science, the Chinese elements are Fire, Earth, Metal, Water and Wood. All the rules of creation, interaction and destruction are incorporated in this theory.
Diagnosis	There are many methods of diagnosis—pulses, eye, tongue, body coloring, etc. Eight Confirmations Theory, which is often used in this book, is considered to be a fundamental perspective of the body and it's energy. These eight divisions are composed of four complementary pairs: yin and yang, superficial and interior, cold and hot, deficient and excessive.

Deficiency — The Chinese character for deficiency *(xu)* can also be translated as empty, void, apparent, or unreal. Its opposite is excessive *(shi)* which refers to a certain quality as being in greater abundance than normal or safe.

Excessive — See "Deficiency."

Heat *(Re)* — See "Perverse Energies."

Insufficiency — Refers to any quantity which is very low and, therefore, unable to fulfill its intended function adequately.

Jing — [also *Ching*] The essence or fundamental substance which maintains the body's function. *Jing* is the most yang material substance produced by the body and may be converted to *ch'i* naturally by the body or intentionally during meditation. As unstructured potential energy, this term refers to the semen in particular, as well as the chemical and energetic aspects of the reproductive energy in general.

Hui Ssu — (517 A.D. to 577 A.D.) Chan Buddhist and meditation master from South Sacred Mountain. He was the teacher of Chen Te An who, as Chih I, who is said to be the actual founder the Tien Thai School of Buddhism.

Insufficiency — See "Deficiency."

Ko Hung — Also known as Shen T'u P'an, *Ko Hung* was a famous scholar, Taoist philosopher and alchemist who lived during the Han and Ching dynasties. The *Nei P'ien*, which was written before he was thirty-seven years old, is described in his autobiography as being about "gods and immortals, prescriptions and medicines, ghosts and marvels, transformations, the maintenance of life, extension of years, exorcising evils and banishing misfortune." A translation of this text is available by James R. Ware.

Nei Ching — The medical classic attributed to Huang Ti, the Yellow Emperor of antiquity.

Perverse — There are six basic disease-causing energy movements in the Chinese schemata: wind, heat, fire, cold, dryness and dampness. They often refer to environmental influences but can also be caused by internal factors. Following a different perspective, they can also be thought of as a distortion or a disharmony in the vital energy.

Ch'i	[also *ki* or *qi*] Often translated as "breath," this term has a far wider range of meaning and use. In oriental medical theory, the term refers to the rarified energy absorbed during breathing that flows in the acupuncture meridians. In meditation, it is the energy separated from the air and drawn into the *Tantien*. It is also is used as a common synonym for energy, where the *ch'i* of something is its vitality, efficacy, force or ability to do work.
Sanjiao	[Triple Warmer or Triple Burner] This concept specifically refers to the function of the Central Nervous System and, in general, to the organization of the body as a whole—the coordination of the respiratory, digestive and elimination functions. The Triple Warmer is divided into an upper, middle and lower section respective to these general three functions.
Shen	The closest concept in English is "spirit," hence the spiritual or most refined psychological aspect of human beings and sometimes considered the ineffable aspect of human nature. It is sometimes associated with the heart or brain and rules over all other psychological components in a determinative way.
Tantien	Called the *Hara* in Japanese, it is an "energetic organ" located one handspan below the navel and about two inches inside the abdomen. It is used by the body as a reservoir and crucible for cultivation of the *ch'i*. It is closely associated with the kidney organ energy and the women's uterus. *Tantien* is also the nick-name for several points on the lower abdomen along the *Renmo* (midline acupuncture meridian) or the Conception Vessel. Acupuncture point #4 on the meridian, *Guanyuan*, has a direct connect to the *Tantien* and is frequently used as a focus in meditation.
Tao Te Ching	Classic text of Taoism attributed to Lao Tzu.
Tao Tsang	Encyclopedic collection of Taoist writings.
Tonification	The process of adding more energy or material substance to a system, organ or acupuncture point; usually used in reference to deficient conditions.
Warmer	See "Triple Warmer."
Wind *(Feng)*	See "Perverse Energies."

Chinese Herb Index

Arranged According to their Classical Energies

RELIEVE THE SURFACE

Break Up Wind & Cold

Allium fistulosum
Angelica dahuria
Asarum forbesii
Asarum heterotropoides
Centipeda minima
Cinnamomum cassia
Elsholtzia loeseneri
Ephedra sinica
Eriocanlon sieboldtianum
Ligusticum sinensis
Magnolia liliflora
Notopterygium incisium
Perilla frutescens
Saposhnikovia divaricata
Schizonepeta tennifolia
Tamarix chinensis
Xanthium sibiricum
Zingiber officinale

Break Up Wind & Heat

Bupleurum chinensis
Chrysanthemum morifolium
Cimicifuga heracleifolia
Cryptotympana atrata
Glycine max
Mentha haplocalyx
Morus alba
Pueraria lobata
Spirodela polyrrhiza
Vitex negundo
Vitex rotundifolia (Cercis chinense)

DISPERSE HEAT

Purge Excessive Fire

Anemarrhena asphodeloides
Commelina communis
Gadenia jasminoides
Gypsum
Lophantherum gracile
Nelumbo nucifera (Heart)
Phragmites communis
Trichosanthes kirilowii

Dry Dampness

Berberis julianae
Coptis chinensis
Gentiana scabra
Mahonia bealei
Phellodendron amurense
Scuttellaria baicalensis
Sophora flavescens
Thalictrum foliolosum

Cool the Blood

Bubalus bubalis
Cynanchum atratum
Lithospermum erythrorhizon
Paeonia suffruticosa
Paeonia veitchii
Rehmannia glutinosa
Rhinocerus sondaicus
Scrophularia ningpoensis

Clear Deficiency Heat

Lycium chinensis
Picrorhiza scropulariiflora

Stellaris gypsophiloides

Remove Toxins & Relieve Heat Disorders

Andrographis paniculata
Dryopteris crassirhizoma
Forsythia suspena
Isatis tinctoria
Lonicera japonica
Paris polyphylla

Relieve Sores & Swelling Caused by Toxins

Ampelopsis japonica
Chrysanthemum indicum
Dictamnus dasycarpus
Fagopyrum cymosum
Houttuynia cordata
Ilex chinensis
Patrinia heterophylla
Patrinia scabiosaefolia
Polygonum perforiatum
Rhaponticum uniflorum
Sargentodoxa cuneata
Saxifraga stolonifera
Senecio scandens
Smilax glabra
Taraxacum mongolicum
Viola yedoensis

Dysentery

Acalyphy australis
Fraximus rhynchophylla
Portulaca oleracea
Potentilla chinensis
Potentilla discolor
Pteris multifida
Pulsatilla chinensis

Relieve Sore, Swollen & Painful Throat

Androsace umbellata
Ardisia crenata
Ardisia crispa
Belamcanda chinensis
Calvatia gigantea
Menispermum dahuricum
Physalis alkekengi
Rohdea japonica
Sophora subprostrata
Tinospora capillipes

Brighten the Eyes

Buddleia officinalis
Cassia obtusifolia
Celosia argentia
Equisetum hiemale
Prunella vulagaris

Malaria

Artemisia apiacea
Brucea javanica
Carpesium abrotanoides
Dichroa febrifuga
Hydrangea macophylla
Rhus chinensis
Verbena officinalis

TRANSFORM MUCUS, STOP COUGHING, ASTHMA

Warm & Transform Cold Mucus

Aconitum coreanum
Arisaema consanguineum
Arisaema heterophyllum
Brassica alba
Cynanchum stauntoni
Gleditsia sinensis
Inula japonica
Pinellia ternata
Typhonium giganteum

Disperse & Transform Heat & Mucus

Ajuga decumbens
Arca granosa
Aristolochia contorta
Bambusa textilis
Chlorite-schist
Costazia aculeata
Eriobotrya Japonica
Frittillaria Cirrhosa
Laminaria japonica
Meretrix meretrix
Pencedanum praeruptorum
Phyllostachys nigra
Platycondon grandiflorum
Ranunculus ternatus
Rorippa montana
Sargassum pallidum
Trichosanthes kirilowii

Stop Coughing & Asthma

Asparagus filicinus
Aster tartaricus
Descurainia sophia
Elaeaguns gonyanthes
Elaeaguns pungens
Gomphrena globosa
Ligularia fischeri
Morus alba
Perilla frutescens
Prunus armeniaca
Rhododendron simsii
Stemona japonica
Tussilago farfara

AROMATICS TO TRANSFORM DAMPNESS

Acorus calamus
Acorus gramineus
Alpinia katsumadai
Amomum cardamomum
Amomum tsao-ko
Amomum villosum
Atractylodes lancea
Pogostemon cablin
Zupatorium fortunei

DIGESTIVE

Crataegus cuneata
Cynanchum auriculatum
Gallus gallus
Hordeum vulgare
Oryza sativa
Paederia scandens
Raphanus sativus
Shen Shu (fermented product)

TRANSFORM ENERGY

Allium macrostemon
Aquilaria allocha
Areca cathecu
Citrus aurantium
Citrus medica
Citrus reticulata
Citrus wilsoni
Cyperus rotundus
Diospyros kaki
Lindera strychiufolia
Litchi chinensis
Magnolia officinalis
Santalum album
Saussurea lappa

ELIMINATION

Purgatives

Aloe Vera
Cassia augustifolia
Mirabilite

Rheum palmatum

Laxatives

Apis cerana
Cannabis sativa
Linum usitatissimum
Prunus humilis

Strong Cathartics

Croton tiglium
Daphne genkwa
Euphorbia kansui
Ipomoea hederacea
Knoxia valerianoides
Phytolacca esculenta
Sapinum sebiferum

Expel Parasites

Agrimonia pilosa
Areca catecha
Curcurbita moschata
Melia azedarach
Melia toosendan
Omphalia lapialia
Quisqualis indica
Torreya grandis

OPEN ORIFICES

Bufo bufo gargarizans
Cinnamomum camphora
Dryobalanops aromatica
Liquidambar orientalis
Moschus moschiferus
Styrax benzoin

WARM THE INTERIOR

Aconitum carmichaeli
Alpinia galanga
Alpinia officinarum
Cinnamomum cassia
Evodia rutacarpa
Foeniculum vulgare
Litsea pungens
Piper cubeba
Piper longum
Piper nigrum
Syzygium aromaticum
Zanthoxylum bungeanum
Zinigiber officinale

BALANCE LIVER

Stop Wind

Bombyx mori
Bos Taurus domesticus
Buthus martensi
Gastrodia elata
Naemorehedus goral
Pheretima asiatica
Saiga tartarica
Scolorpendra subspinipes mutilans
Unicaria rhynchophylla

Suppress Yang

Apocynum venetum
Haliotis diversicolor
Hematite
Hyriopsis cumingii
Magnetite
Ostera gigas
Paeonia lactiflora
Stegodon orientalis
Tribulus terrestris

TRANQUILIZE

Albizzia julibrissin
Amber

Biota orientalis
Cinnabar
Ganoderma lucidum
Polygala japonica
Polygala tenuifolia
Polygonum multiflorum
Zizyphus jujuba

CONTROL WATER

Reduce Swelling

Alisma plantago-aquatica
Benincasa hispida
Coix lachrymajobi
Euphorbia helioscopia
Grifolia umbellata
Gryllotalpa unispina
Lobelia radicans
Phaseolus calcaratus
Poria cocos
Sambucus javanica
Zea mays

Promote Urine Formation

Akebia trifoliata
Dianthus superbus
Dioscorea officinalis
Kochia scoparia
Lygodium japonicum
Malra verticillata
Plantago asiatica
Polygonum ariculare
Pyrrosia sheareri
Saururus chinensis
Talc
Tetrapanax papyiferus

Filter Dampness

Artemisia capillaris
Hydrocotyle sibthorpioides
Hypericum japonicum
Lysimachia christinae
Polygonum cuspidatum
Sedum sarmentosum
Siphonostegia chinensis

SEDATE WIND-DAMPNESS

Numbness & Pain

Aristolochia mollissima
Bombyx mori
Clematis chinensis
Erythrina variegata
Gentiana macrophylla
Pinus tabulaeformis
Similax china
Stephania tetrandra

Relax Muscles & Circulate Lou Channels

Agkistrodon acutus
Chaenomeles lagenaria
Clerodendron trichotomum
Dioscorea nipponica
Erodium stephanianum
Liquidambar taiwaniana
Luffa cylindrica
Lycopodium clavatum
Morus alba
Piper kadsura
Siegesbeckia orientalis
Trachelospermum jasminoides
Zaocys dhumnades

Strengthen Sinew & Bone

Acanthopanax gracilistylus
Cibotium barometz
Dipsacus japonicus
Drynaria fortunei
Heaera nepalensis
Panthera tigris

Viscum coloratum

HEMOSTATIC

Coagulant

Agrimonia pilosa
Arachis hypogaea
Bletilla striata
Callicarpa pedunculata
Celosia cristata
Loropetalum chinensis
Macaca mulatta
Nelumbo nucifera
Panthera pardus
Trachycarpus fortunei

Cool Blood, Stop Bleeding

Biota orientalis
Boehmeria nivea
Capsella bursa-pastoris
Cephalanoplos segetum
Cirsium japonicum
Imperata cylindrica
Sanguisorba officinalis
Sophora japonica

Transform Stagnation, Resolve Bruises, Stop Bleeding

Gymura segetum
Ophicalcite
Panax pseudo-ginseng
Rubia cordifolia
Rubus par vifolius
Sedum aizoon
Typha augustifolia

Warm Channels & Stop Bleeding

Artemisia argyi
Dalbergia odorifera

Circulate Blood & Stop Bleeding

Achyranthes bidentata
Boswellia carterii
Caesalpinia sappan
Carthamus tinctorius
Commiphora myrrha
Crocus sativus
Curcuma aromatica
Curcuma longa
Daemonorops draco
Enpolyphaga sinensis
Hypericum sampsonii
Ilex pubescens
Leonurus heterophyllus
Ligusticum wallichii
Lycopus lucidus
Manis penta-dactyla
Pistacia lentiscus
Prunus persia
Pyrite
Rosa chinensis
Salvia miltiorrhiza
Sparganium stoloniferum
Tabanus bivittatus
Trogopterus xanthipes
Vaccaria pyramidata
Whitmania pigra

TUMORS & SWELLING

Actinidia arguta
Camptotheca acuminata
Catharanthus roseus
Crotalaria sessiliflora
Curcuma zedoria
Dioscorea bulbifera
Duchesnea indica
Iphigenia indica
Mylabris phalerata
Oldenlandia diffusa
Pontilla kleiniana
Sarcandra glabra

Scutellaria barbata
Semiaquilegia adoxoides
Solanum lyratum
Solanum nigrum
Strychnos nux-vomica
Vespa mandarinia

ANAESTHESIA & PAIN RELIEF

Aconitum brachypodum
Aconitum carmichaeli
Alangium chinensis
Corydalis decumbens
Corydalis yanhusuo
Cynanchum paniculatum
Daphne giraldii
Datura metel
Hemsleya amabilis
Hyoscyamus niger
Rhododendron molle
Zanthoxylum nitidum

TONIFICATION

General Vitality

Astragalus hoangtchy
Atractylodes macrocephala
Codonopsis pilosula
Dioscorea opposita
Dolichos lablab
Glycyrrhiza uralensis
Gossypium hirsutum
Panax ginseng
Pseudostellaria heterophylla
Schizandre chinensis
Ziziphus jujuba

Yang Ch'i

Aspongonpus chinensis
Astragalus complanatus
Canis familiaris
Cervus nippon (Gelatin)
Cervus nippon (Hard Horn)
Cervus nippon (Remnants)
Cervus nippon (Velvet Horn)
Cistanche salsa
Cnidium monnieri
Cordyceps sinensis
Cornus officinalis
Curculigo orchioides
Cuscuta chinensis
Cynomorium songaricum
Epimedium koreanum
Eucommia ulmoides
Gekko gecko
Hippocampus kelloggi
Juglans regia
Morinda officinalis
Placenta (human)
Psorlea corylifolia
Solenognathus hardwickii
Trigonella foenum-graecum

Blood

Angelica sinensis
Broussonetia papyrifera
Ephadra sinica
Equus asinus
Euphoria longan
Lycium chinensis
Millettia reticulata
Morus alba
Polygonum multiflorum
Rehmannia glutinosa

Yin Ch'i

Adenophora tetraphylla
Amyda sinensis
Asparagus cochinchinensis
Changium smyrnioides
Chinemys reevesii
Dendrobium nobile
Eclipta alba

Glehnia littoralis
Ligustrum lucidum
Lilium brownii
Ophiopogon japonicus
Polygonatum odoratum
Polygonatum sibiricum

ASTRINGING

Sweat

Ephedra sinica
Oryza sativa
Triticum aestivum

Diarrhea

Ailanthus altissima
Alunite
Hallyosite
Myristica fragrans
Papaver somniferum
Prunus mume
Punica granatum
Rhus chinensis
Terminala chebula

Jing

Alpinia oxyphylla
Euryale ferox
Ginkgo biloba
Nelumbo nucifera
Paratenodera sinensis
Rosa laevigata
Rubus idaeopsis
Sepiella maindroni

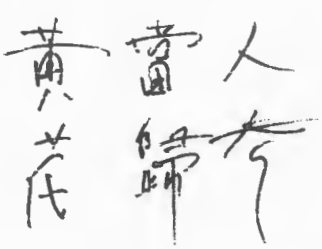
USED EXTERNALLY

Arsenolite
Borax
Calcaria
Cinnabar
Hibiscus Syriacus
Hydnocarpus Anthelmintica
Lead Carbonate
Lead Carbonate
Minium
Realgar
Smithsonite
Sulphur

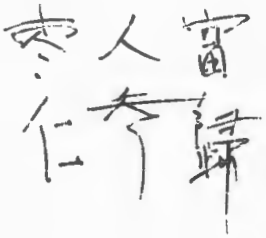
Formula Calligraphy

Angelica Sinensis Formulas

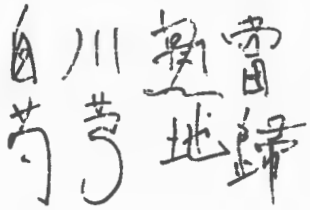
I.



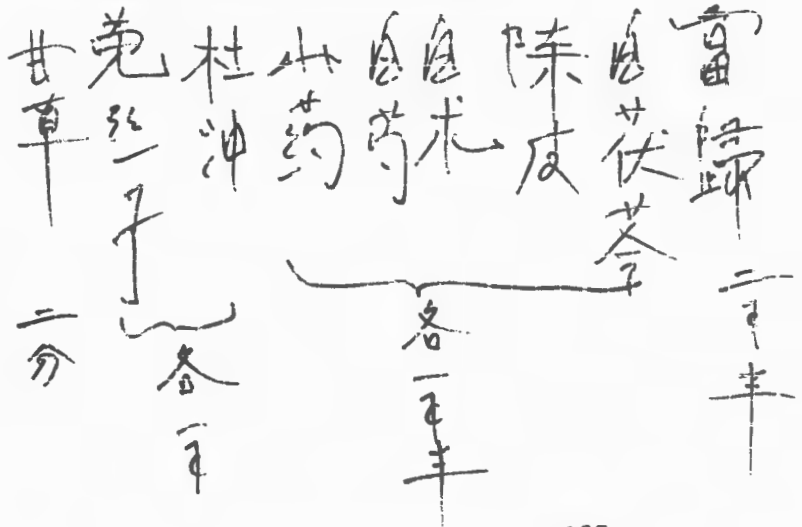
II.



III. Four Materials Tea

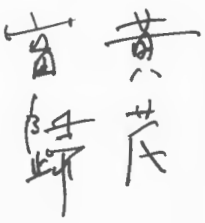


IV. Women's Returning to Spring Pills



Astragalus Membraneceus Formulas

I. Shaolin Returning to the Origin Pills



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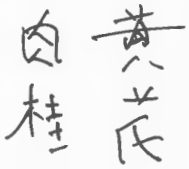

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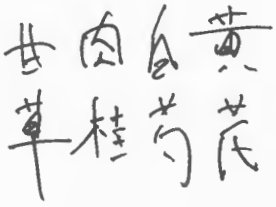

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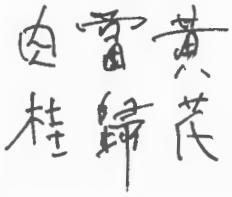
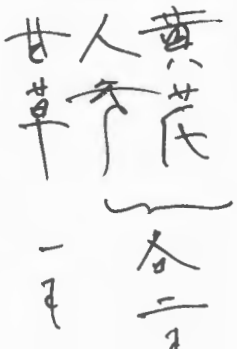
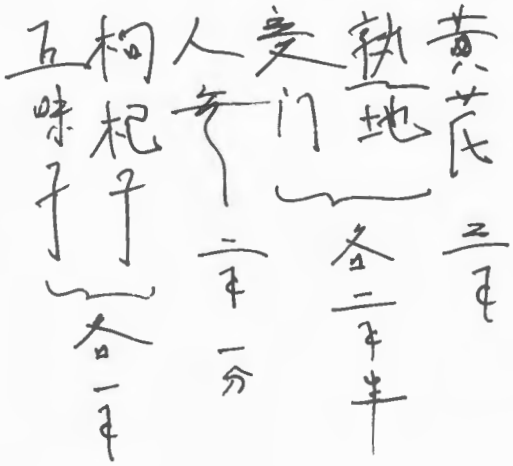
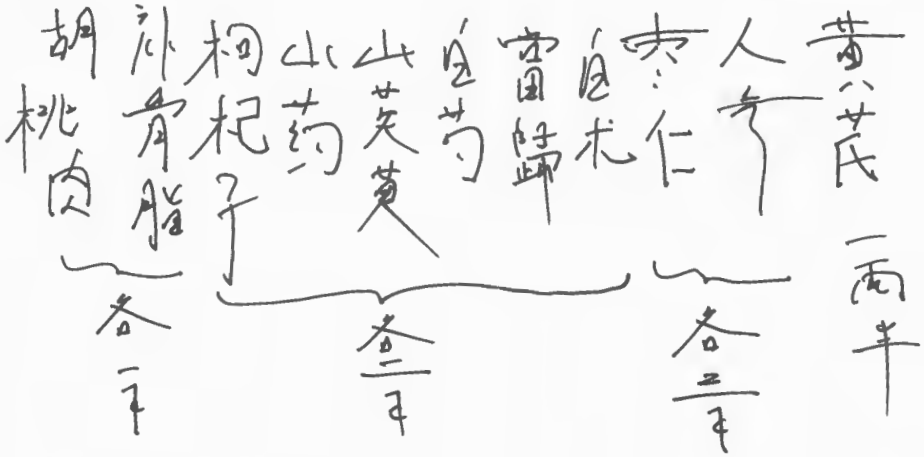


V. Guarding the Origin



VI. Upper and Lower Warmer Combination




黄芪 一两半
人参
枣仁
各二钱
白术
雷鸣
白芍
山茱萸
山药
枸杞子
各三钱
胡桃肉
补骨脂
各一钱

Deer Horn Formulas

I.

鹿茸

II.

鹿茸
枸杞子
當歸

III. Women's Deer Horn Health Wine

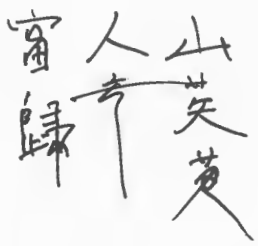
鹿茸
阿膠
當歸
熟地
白芍

IV. White Dragon Pill

鹿茸 各二兩
牡蠣
龍骨 一兩

Cornus Officinalis Formulas

I.



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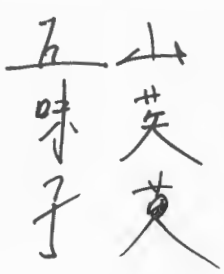
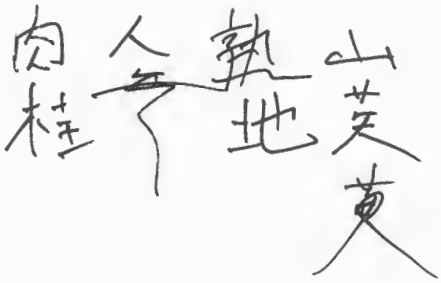


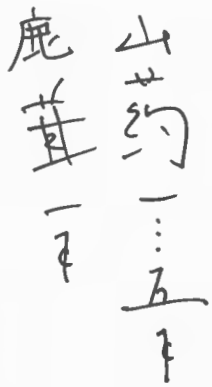
III. Women's Training Formula

IV.



Dioscorea Japonica Formulas

I. Women's Dioscorea japonica Honey Pills



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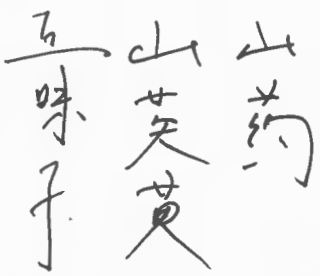
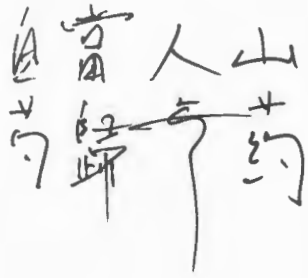


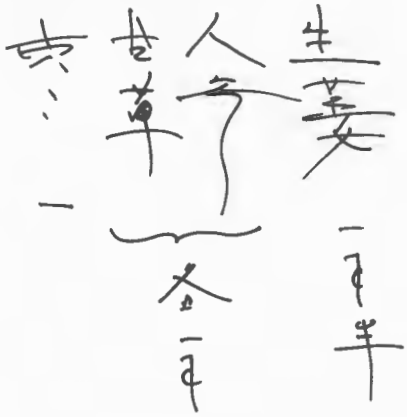
III.

IV.



Panax Ginseng Formulas

I. Winter Health Tea



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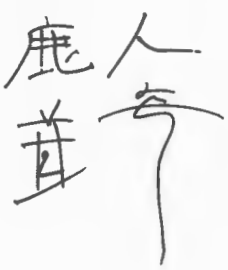

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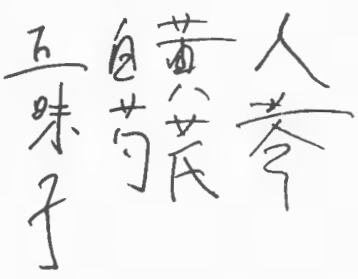

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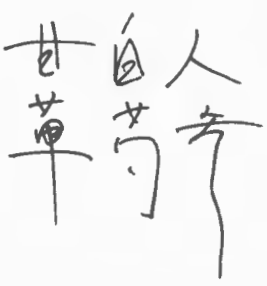
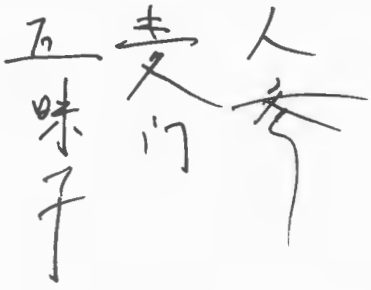
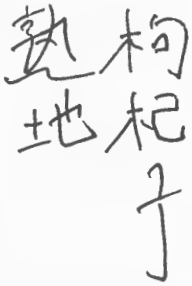


VI. Recovering the Pulse Formula

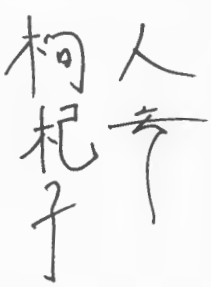


Lycium Chinense Formulas

I.



II. Fire and Water Combination



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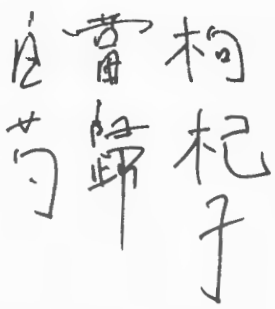

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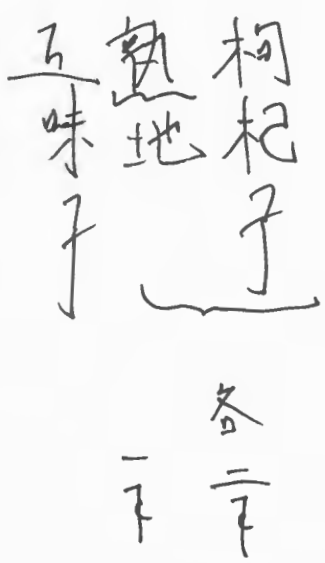
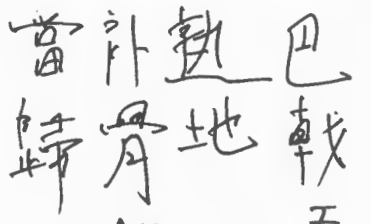
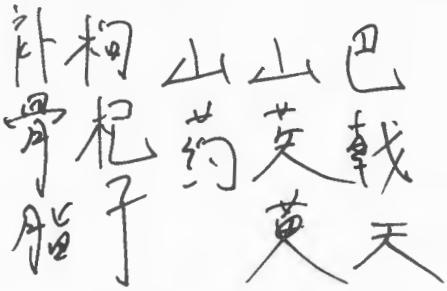


Morinda Officinalis Formulas

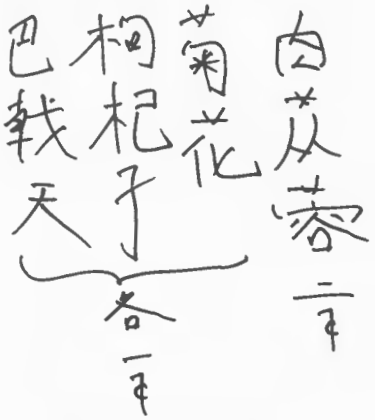
I. Heavenly Minister's Powder



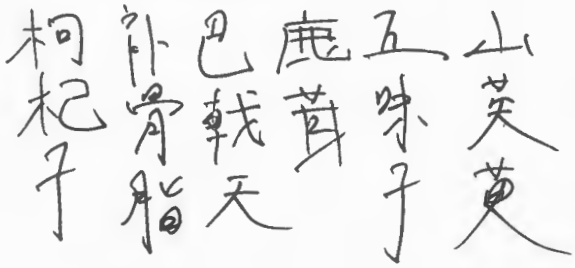
II. Tantien Storm



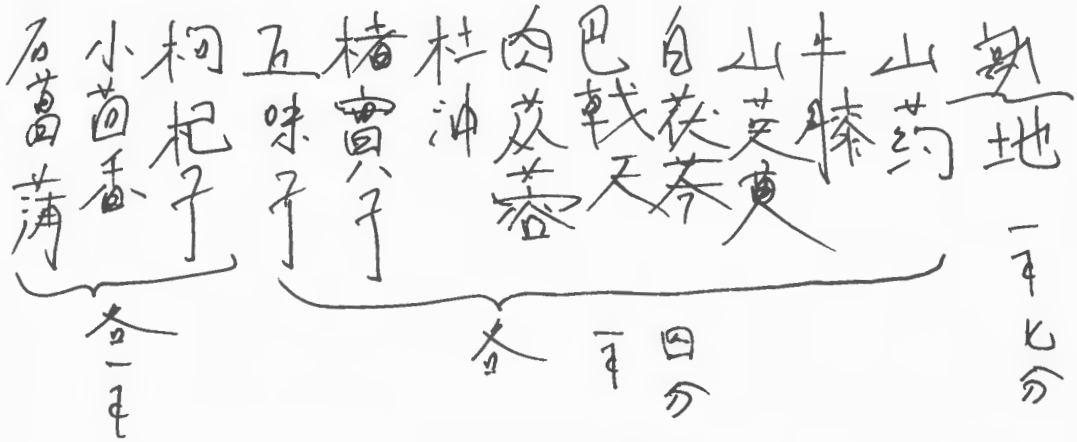
III. Earth Immortal Pills



IV. Jade Immortal Tea

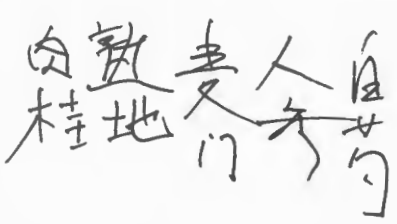


V. Reverse Aging Pills



Paeonia Lactiflora Formulas

I.



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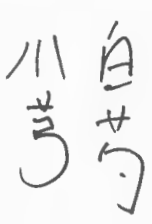

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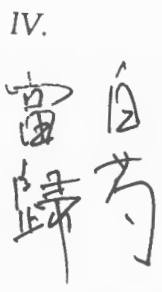
IV.



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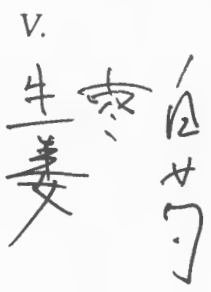

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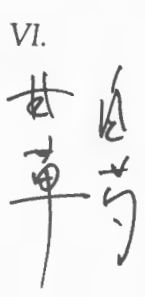

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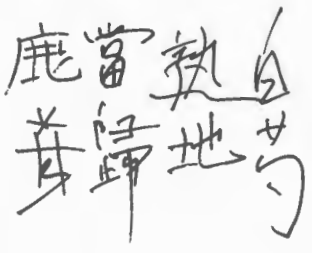
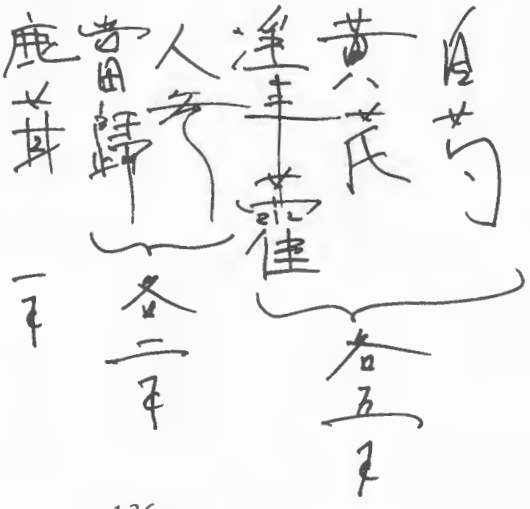
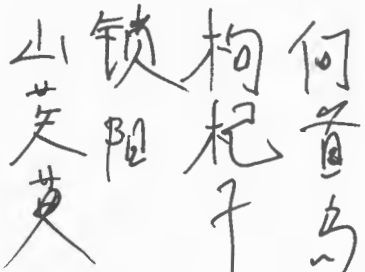


VIII.

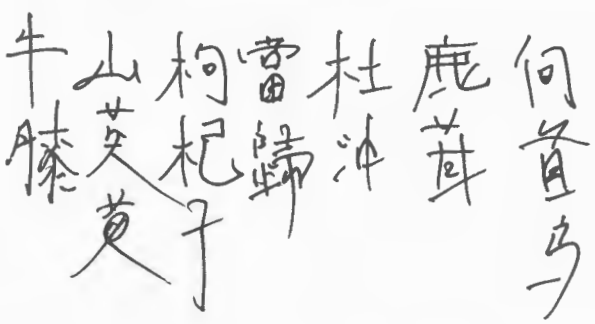


Polygonum Multiflorum Formulas

I.

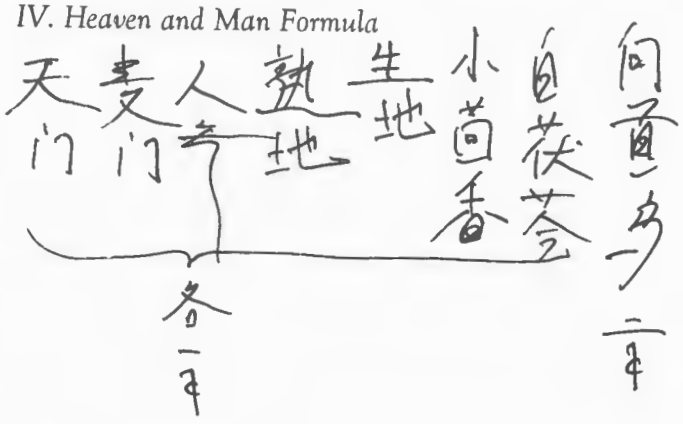


II. Polygonum Multiflorum Liqueur

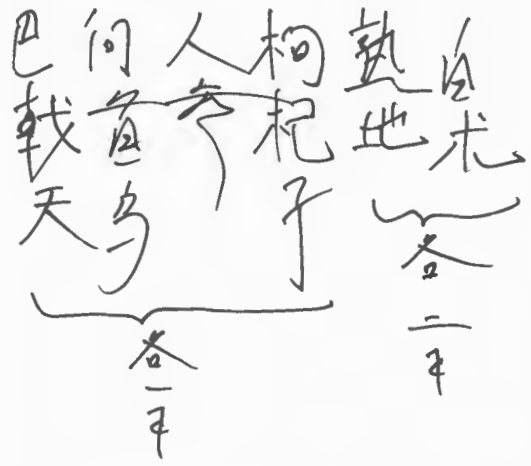


III.

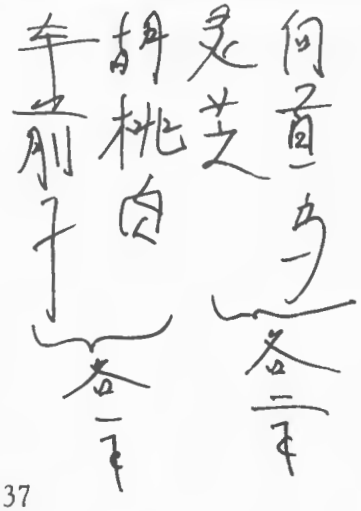
IV. Heaven and Man Formula



V. Jade Peach

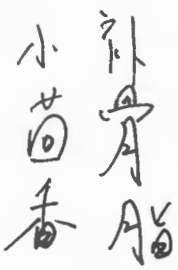


VI. Double Benevolence Paste



Psoralea Corylifolia Formulas

I.



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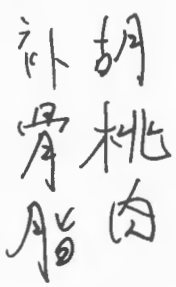
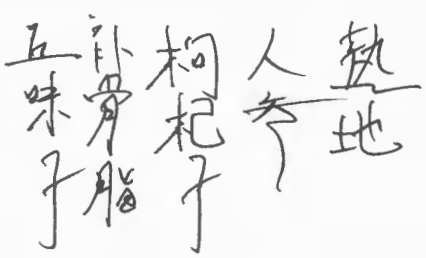


III. Jade Gate Powder



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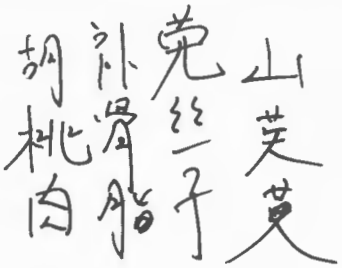
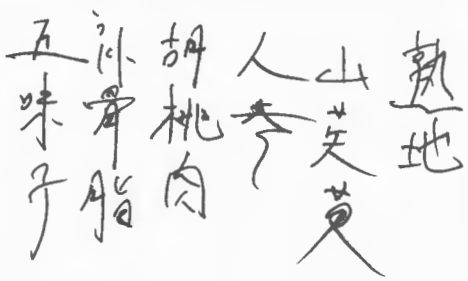
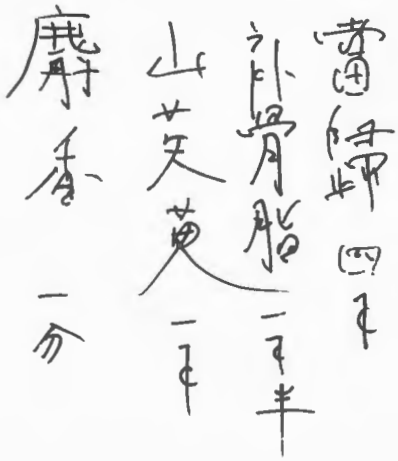


V. Simple Nei Gung Training Formula

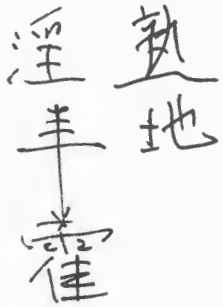


VI. Simple Herbal Regeneration Elixir

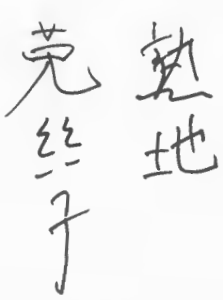


Rehmannia Glutinosa Formulas

I.



II. *Rehmannia glutinosa and Cuscuta chinensis Combination*



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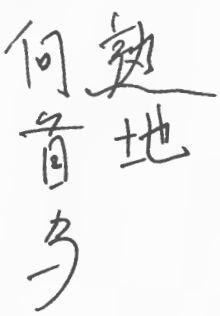
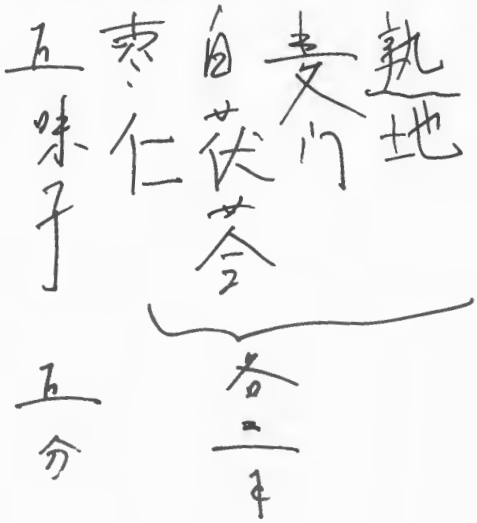


IV. *Insomnia Formula*



Panthera Tigris Formulas

I.

牛膝 當歸 虎骨

II.

牡蛎 虎骨

III.

白芍 木瓜 虎骨

Zingiber Formulas

I.

生姜 鹿茸

II.

生姜 五味子

III.

生姜 人參

IV.

五味子 補骨脂 生姜

V.

山药 熟地 生姜

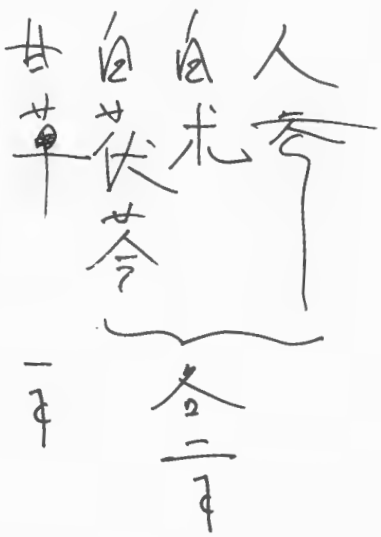
VI.

白芍 肉桂 人參 黃芪 生姜二千

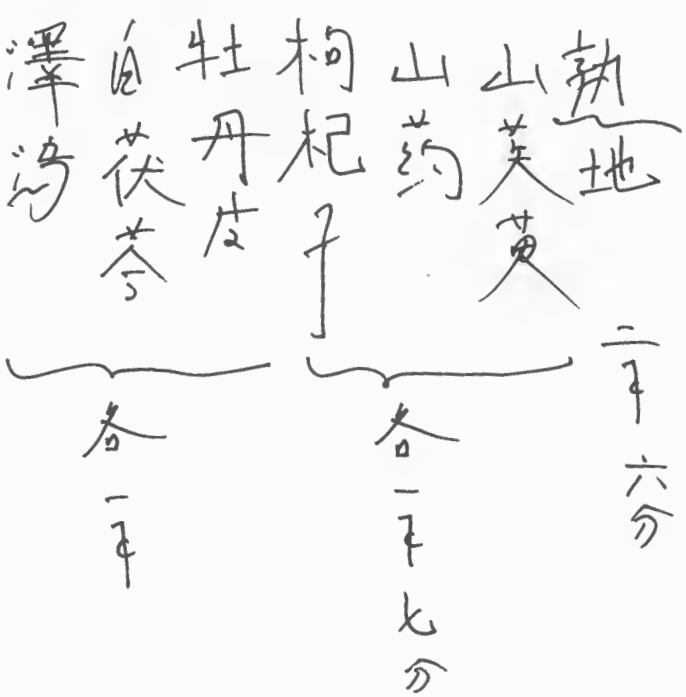
各一千

五分

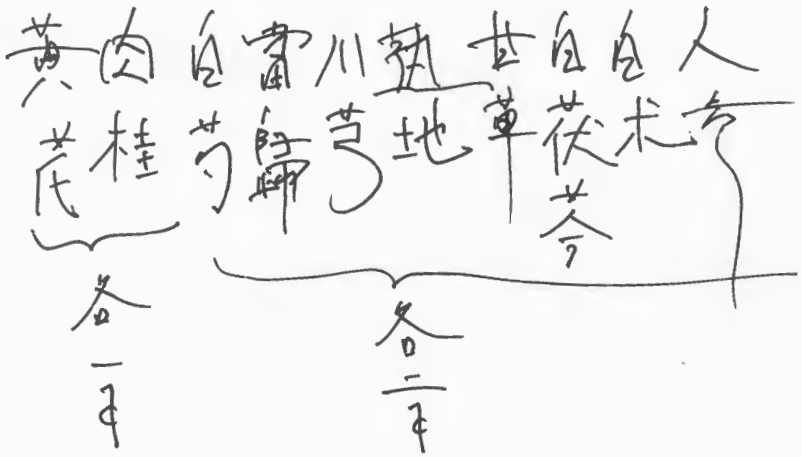
Yang Ch'i Tea



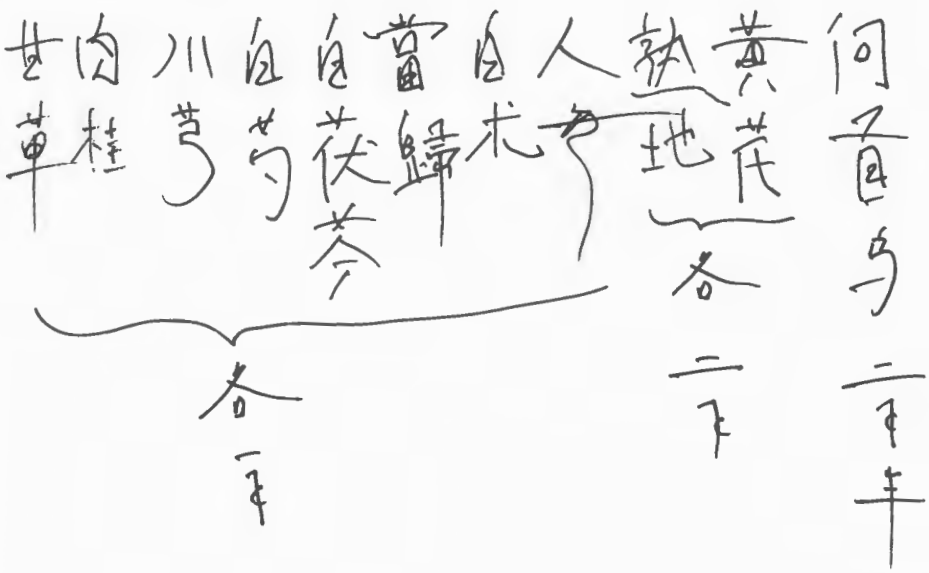
Yin Ch'i Tea



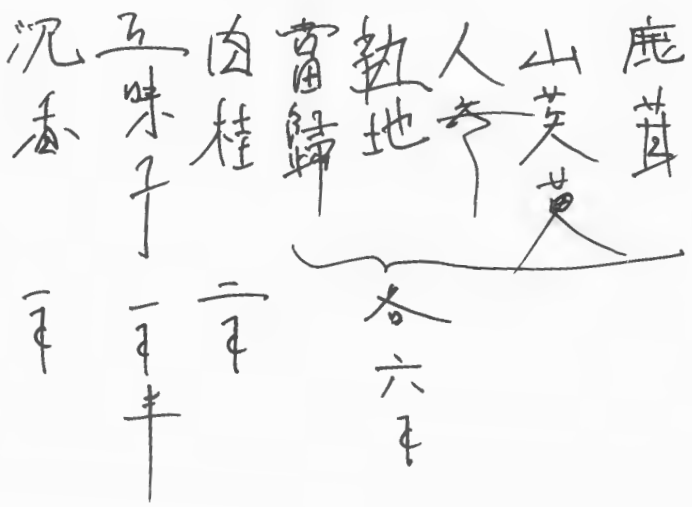
Tai Chi Tea



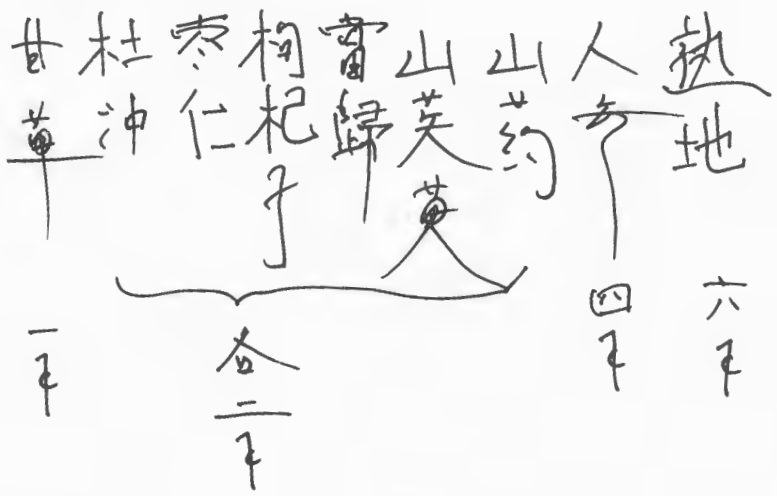
Ho Shou Wu Pills



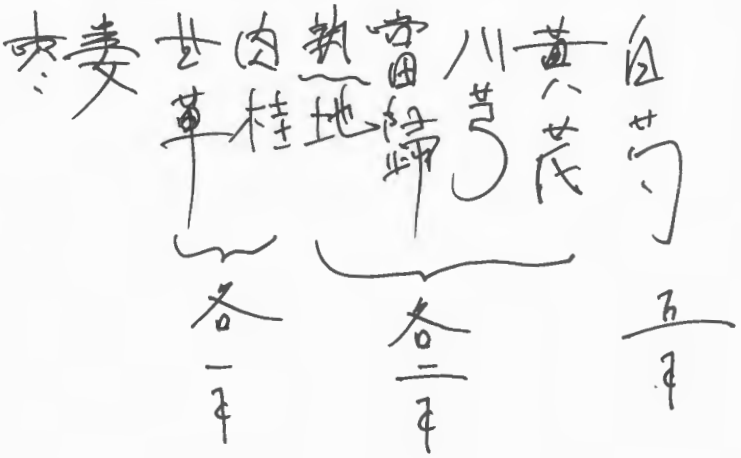
Ginseng & Deer Horn Pills



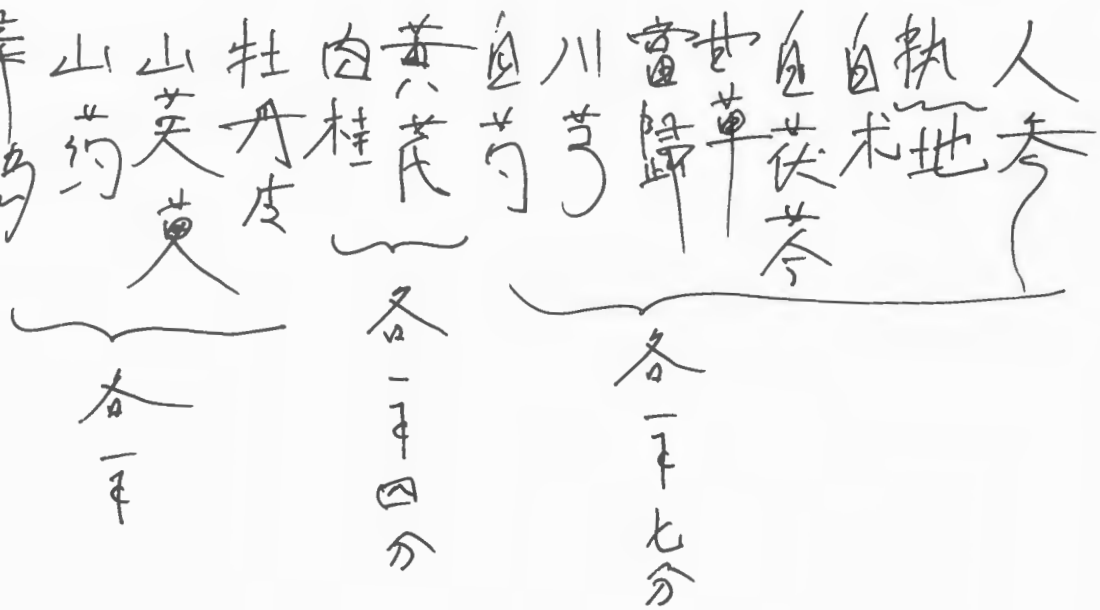
Yuan Ch'i Elixir



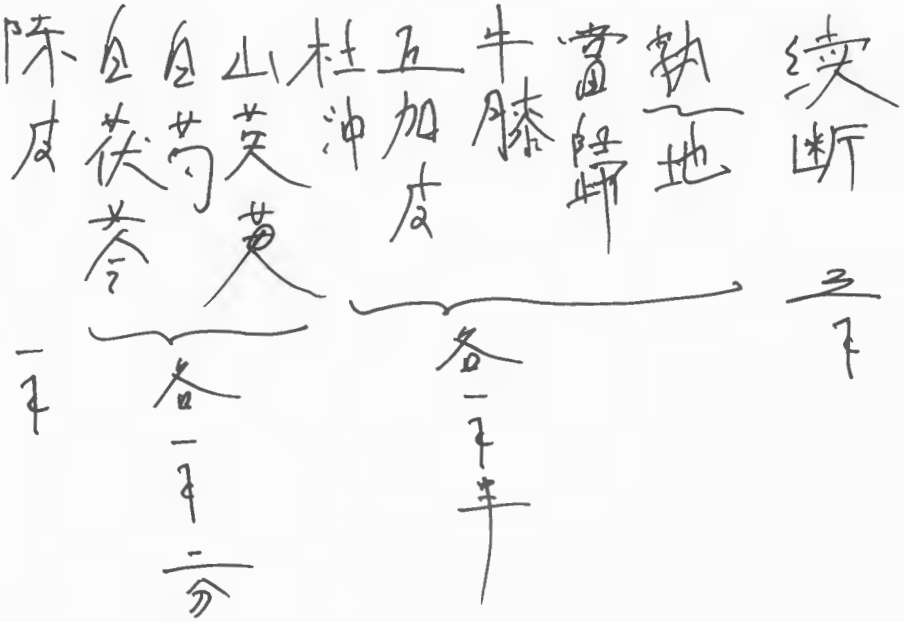
Huang Ti's Choice



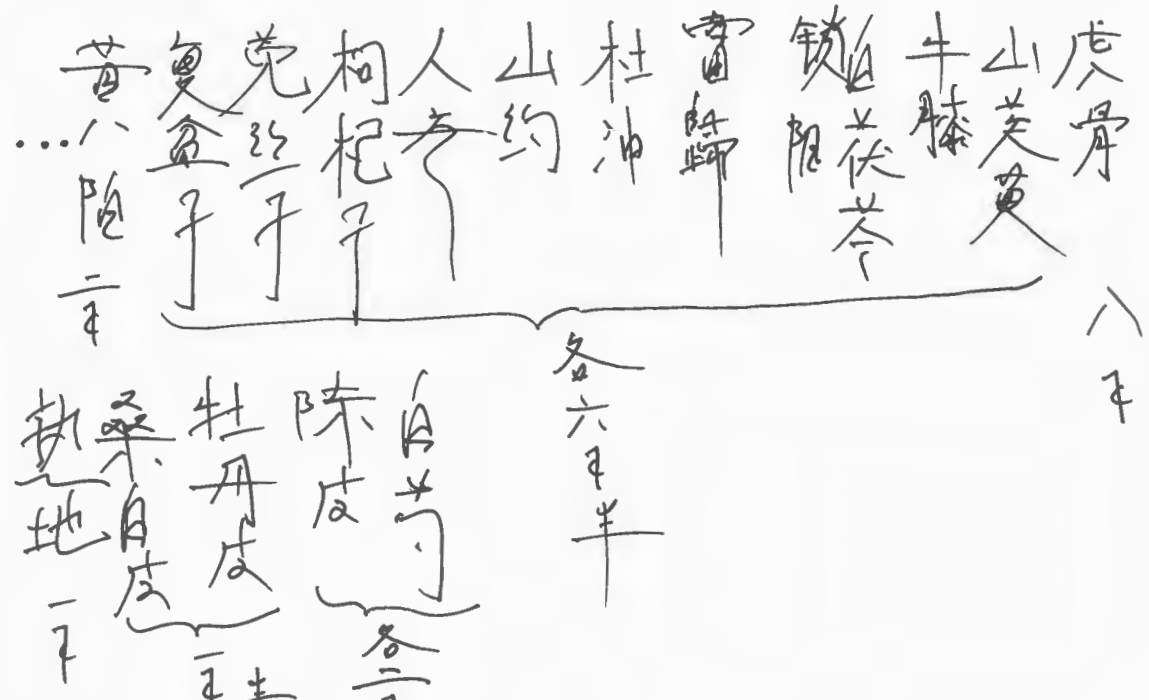
Ginseng Pills



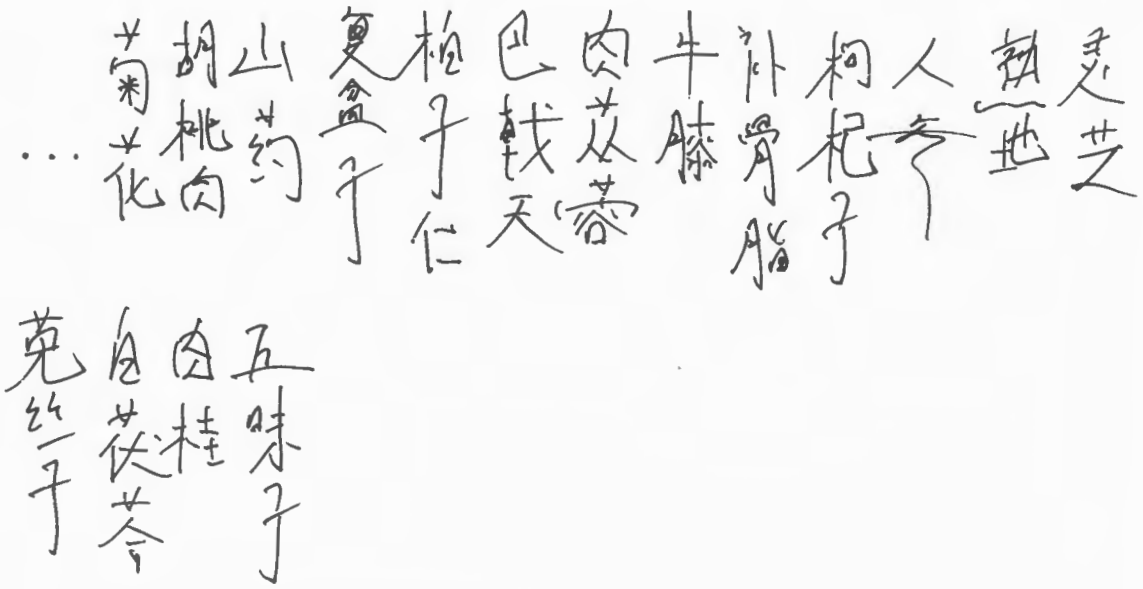
Bone Break Pills



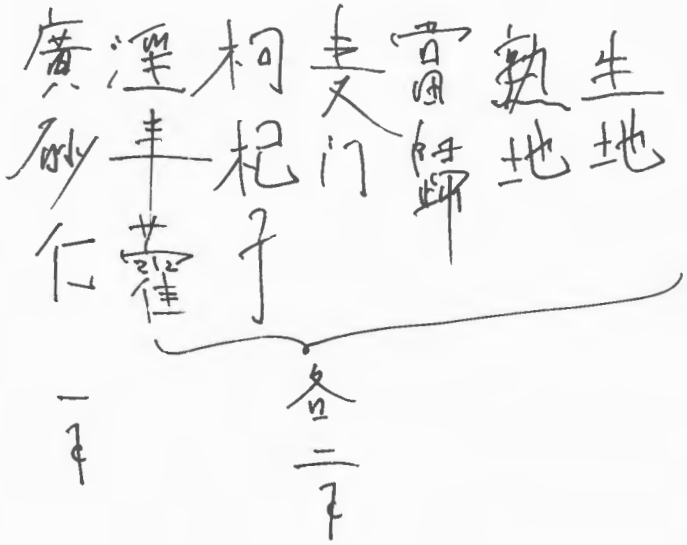
Tiger Stance Pills



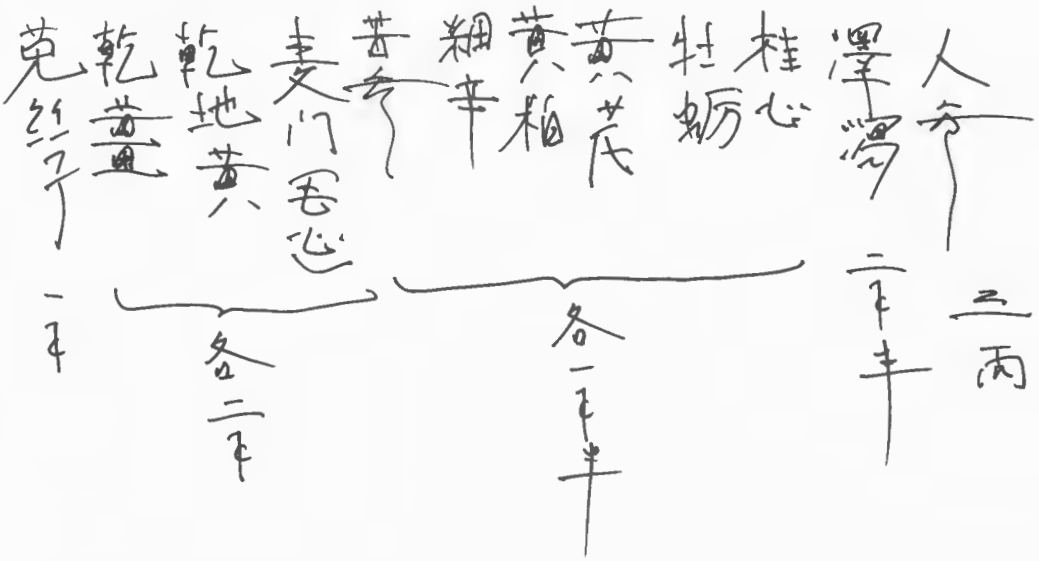
Ling Chih Longevity Elixir



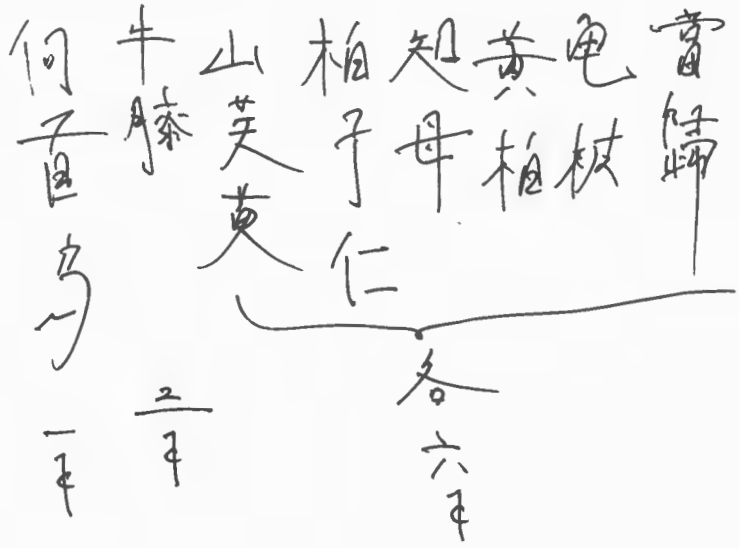
Golden Phoenix Liqueur



Hua T'o Ginseng Pills

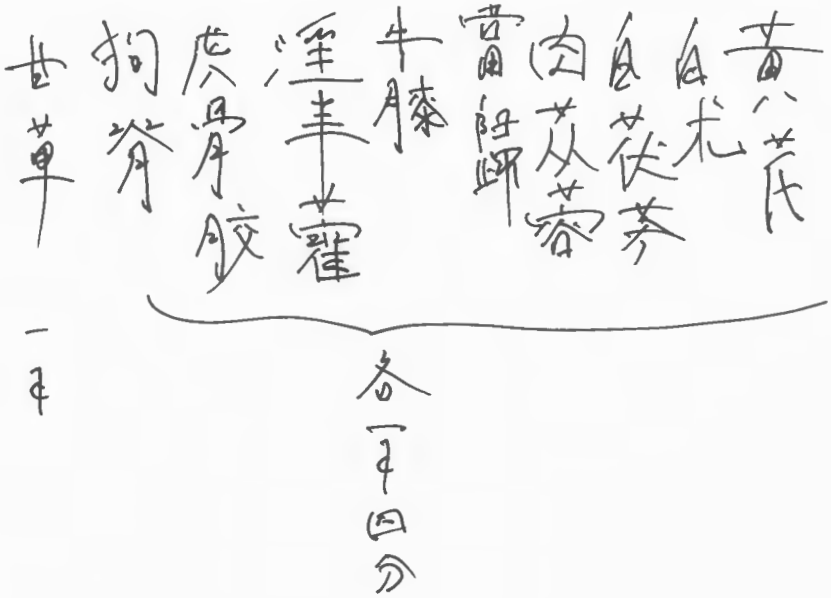


Eight Immortals

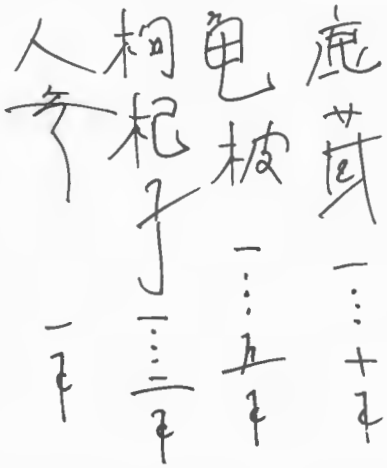


Tiger Bone/Ginseng Liqueur

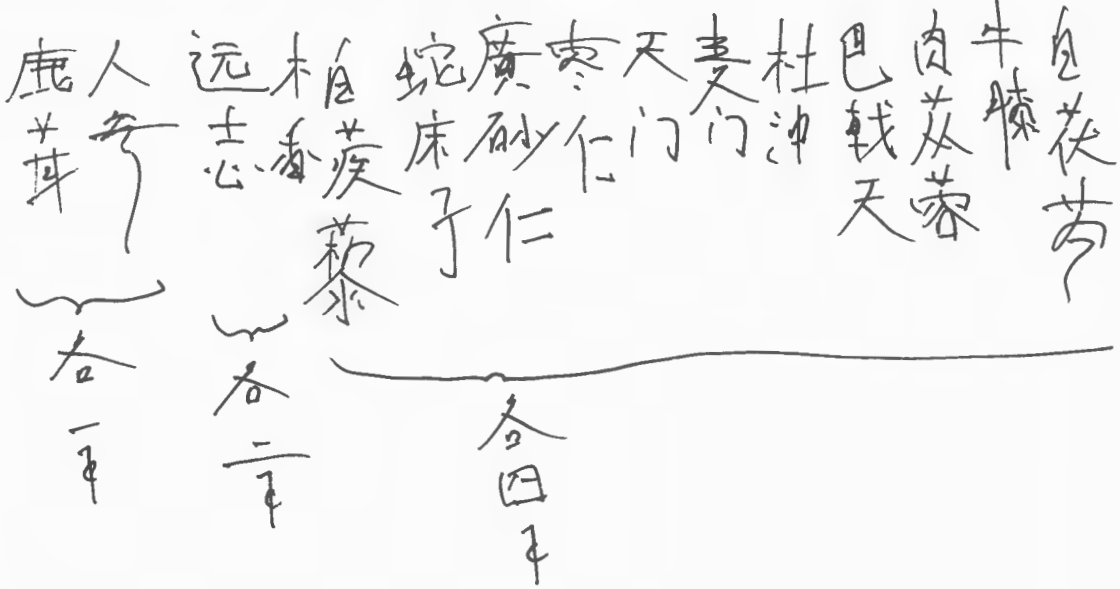
Joint Fatigue Formula



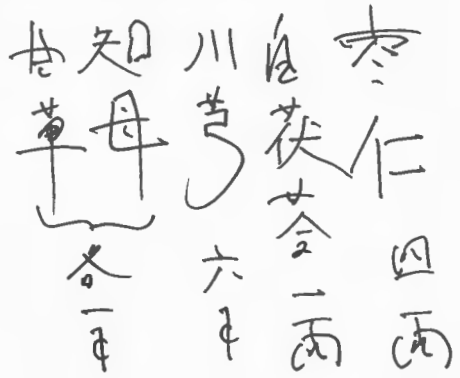
Two Immortals Wine



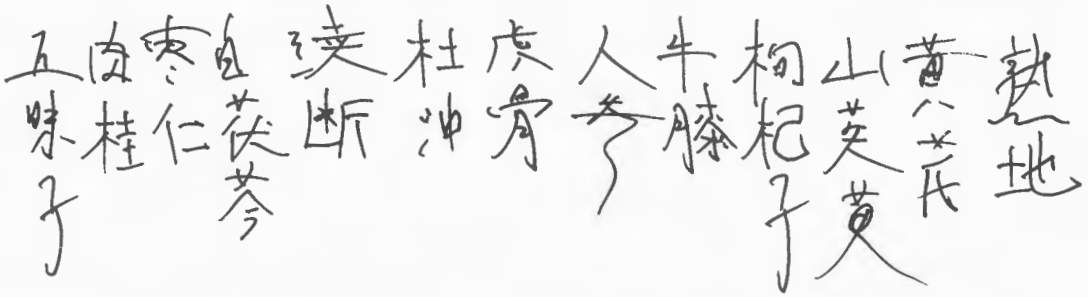
Shaolin Temple Tiger Fighting Elixir



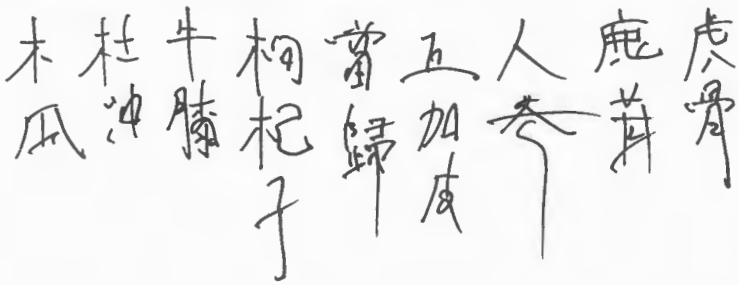
Jade Pillow Liqueur



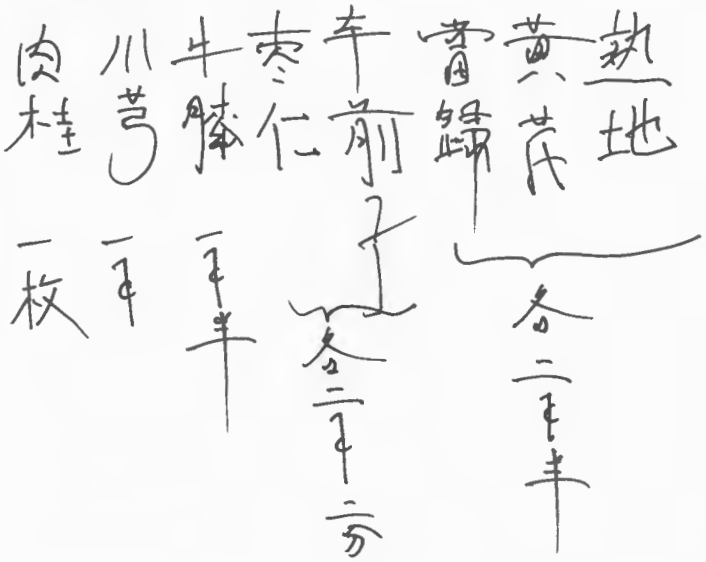
Fire & Water Combination



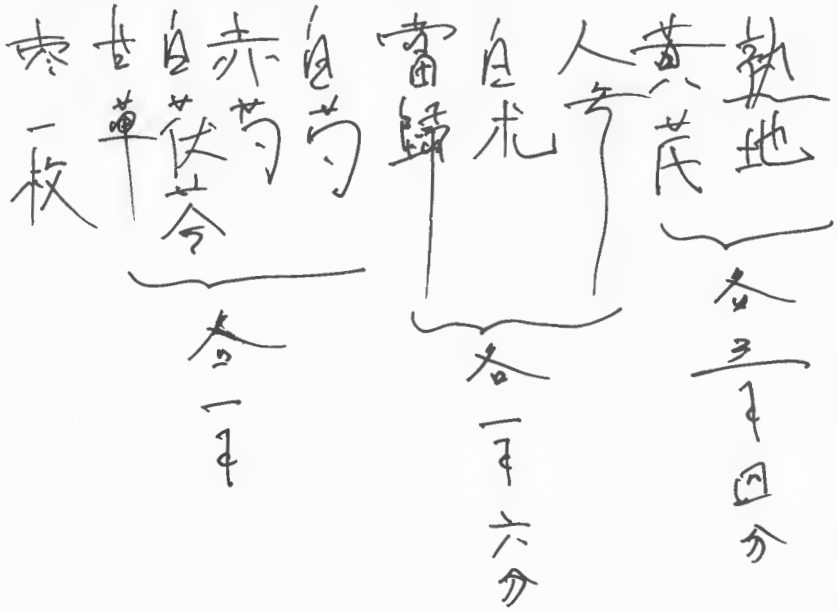
Winter Training Wine

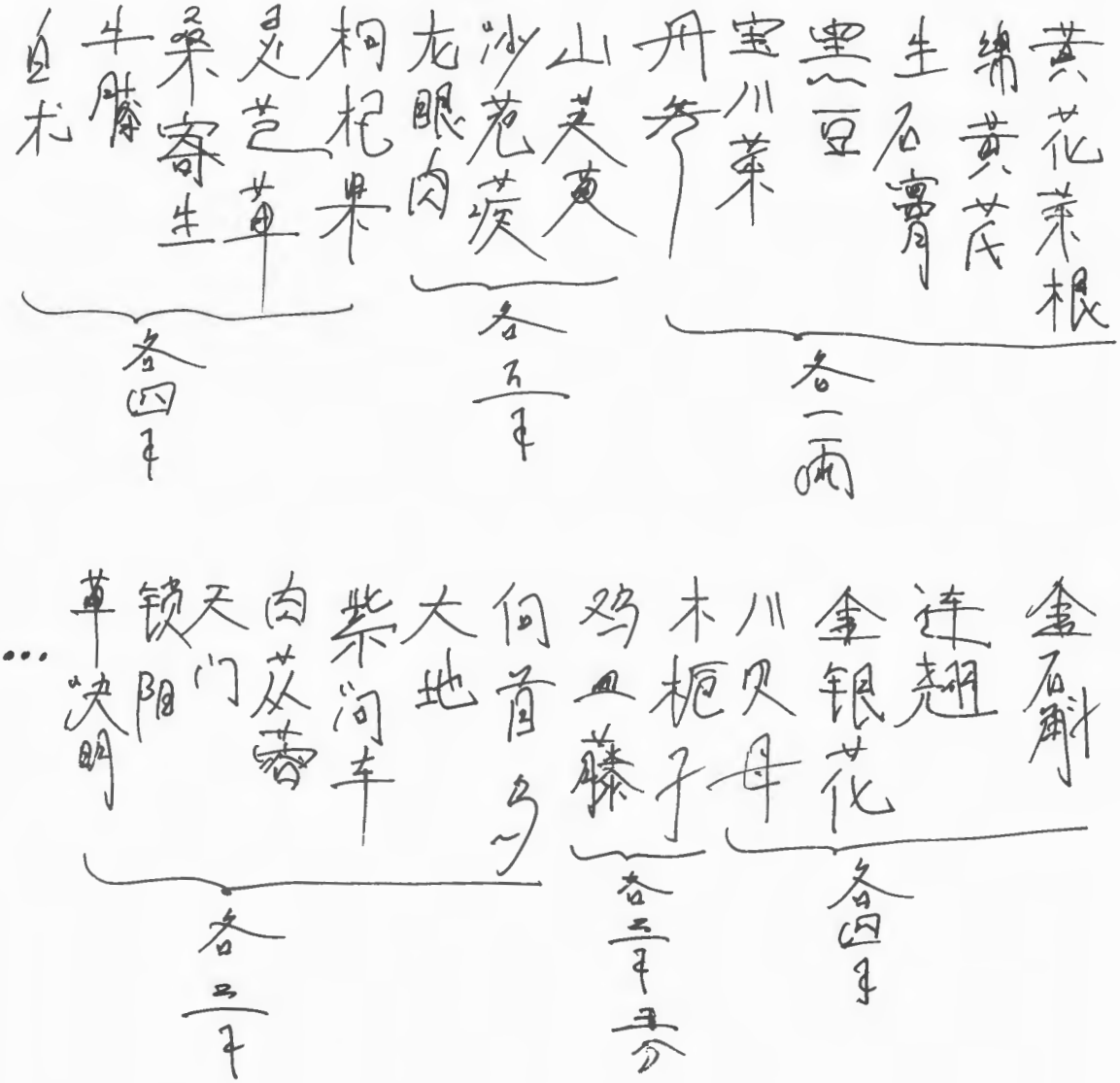


Recovery Formula



Superior Tonification Formula

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沙苑蒺藜
龙眼肉
各五钱
枸杞果
覆盆子
桑寄生
牛膝
白术
各四钱
金石斛
连翘
金银花
川贝母
木栀子
各四钱
何首乌
鸡血藤
各二钱三分
大地
紫河车
肉苁蓉
天门
锁阳
草决明
各二钱

青葙子
白菊
白茯苓
女贞子
车前子
栀子仁
枣仁
木槿花
百合
杜仲
狗脊
白花蛇
丝瓜子
麦门
…

各三千

远志
莲子肉
菟丝子
大蓟
墨旱莲
三棱
片
莪术
桃白
桃仁
桔梗
杞子仁
白芍
川黄连
…

各三千

人参
红花
参三七
巴戟
龙骨
川断
桂枝
杏仁
牡蛎
穿山甲
石菖蒲
蛇床子
地龙
大白
五味子
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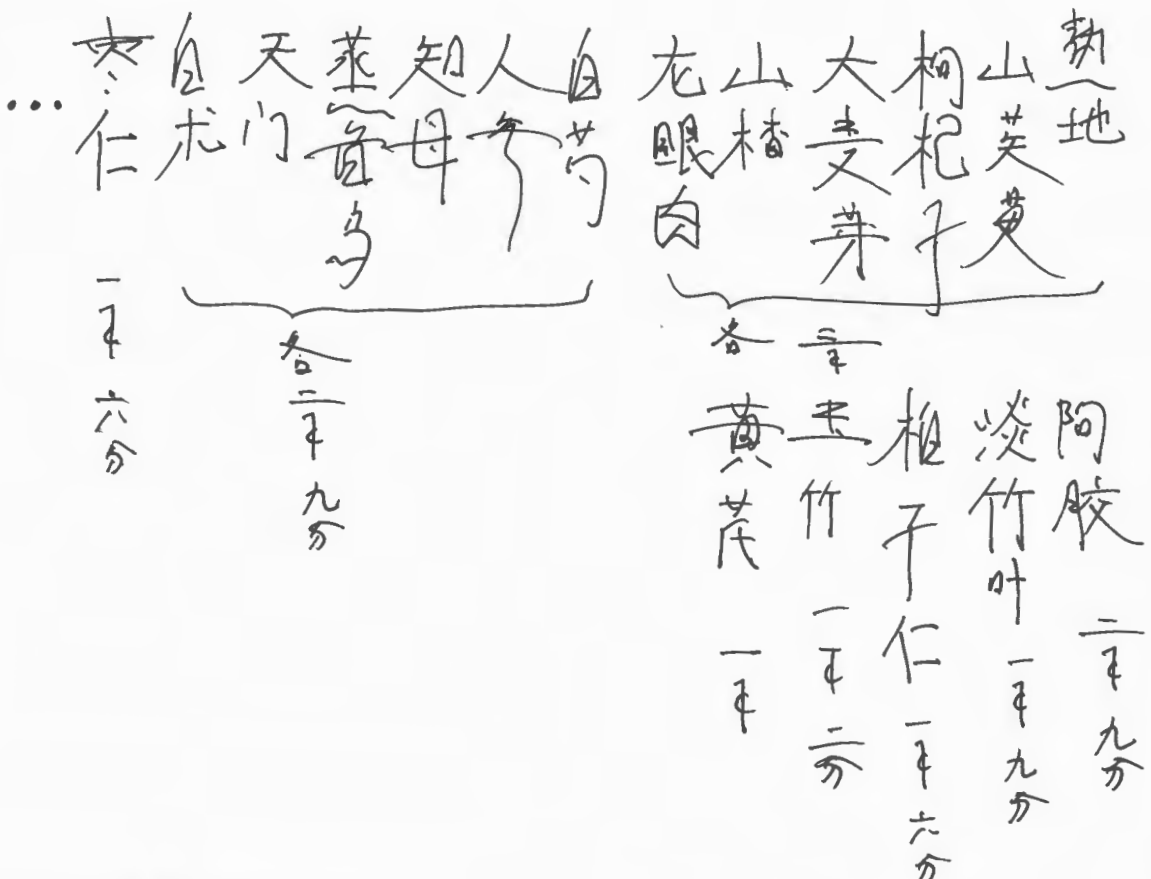
各二千

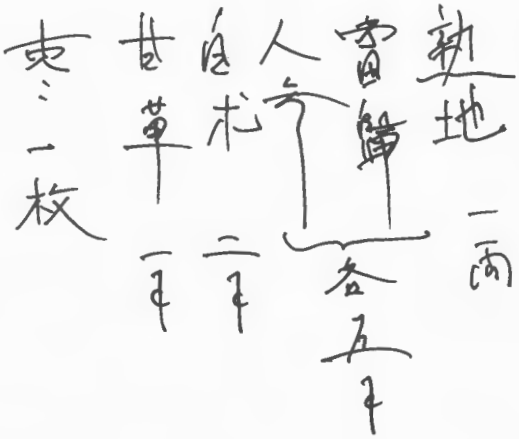
鹿茸
鹿衔草
骨碎补

各一千

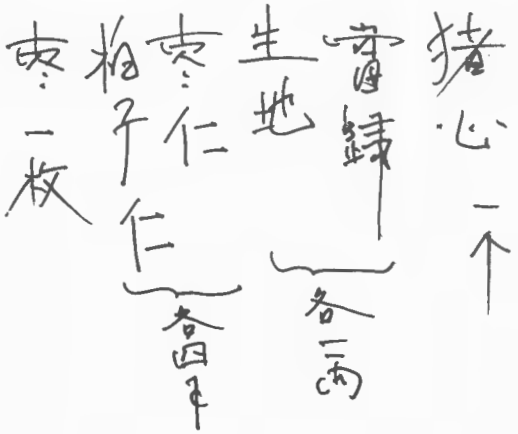
Ginseng Paste Formula



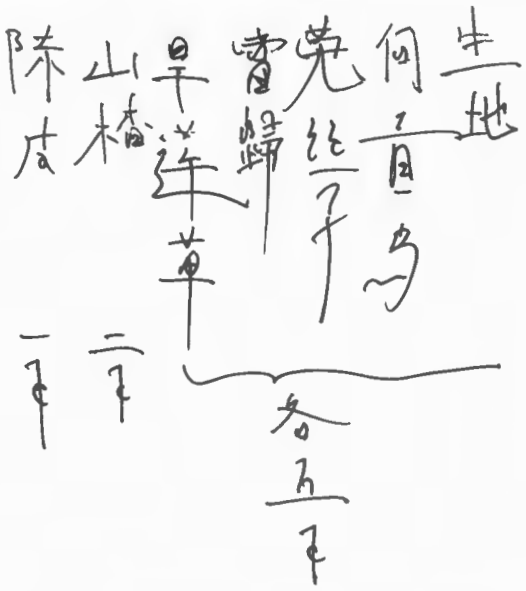
General Blood Formula



General Heart Formula



Yin & Blood Formula



Darkening the Hair Pills